

# Health Champion Pledge

I pledge to be a Health Champion:

**I promise to make healthy choices every day. I will stay active and strong, and support my friends and family in living healthy lives. Together, we can build a healthier and happier Texas!**

- I will choose healthy foods and drinks to fuel my body.
- I will stay active and find fun ways to move every day.
- I will take care of my mind by practicing mindfulness and self-care.
- I will support and encourage my friends and family to live healthy lives.
- I will make sleep a priority to help my body rest and grow.
- I will stay hydrated and drink plenty of water.
- I will be a positive role model for others in my community.

Name: \_\_\_\_\_

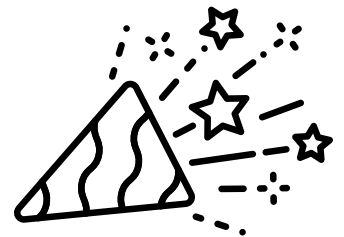
Date: \_\_\_\_\_

## Choose an accountabilibuddy

An accountabilibuddy (or accountability buddy) is someone who supports and encourages another person in achieving their goals.

Find someone in your family or friend group to take this pledge with you and prioritize health together this summer! Supporting each other will help you both succeed and make healthy living even more fun!

Name: \_\_\_\_\_



# Sweet Summer Habit Bucket list

This summer, make health and wellness a priority by creating your own Summer Health Bucket List! Get your family and friends involved and come up with fun, healthy activities you can all enjoy together. Whether it's trying out new healthy recipes, going on nature hikes, starting a garden, practicing yoga, or having hydration challenges, the possibilities are endless. Making your own list allows you to personalize your health goals and make the most of the sunny days ahead. Let's get creative, stay active, and have a blast while focusing on our health this summer!

☐ Visit **healthiertexas.org** for more Fun!

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Draw some of the summer fun you hope to have!



# Self-care Planner

## What can help...

Draw, write or describe what can help you when you are feeling each of these emotions.

When I feel stressed...

When I need a break...

When I feel hurt...

When I feel angry...

When I feel worried...



*My pledge to myself:*

**I pledge to treat myself with kindness and understanding, ensuring I care for my mind and my body as I would for a friend or someone I care for.**



# Kindness is Contagious

It feels so good when someone says something nice to you.. But often, we forget to tell someone when we think they have done a great job, or when we admire a quality in them. Choose four people in your community to write or draw something for.

You light up the world...

Being around you...

Keep being amazing by...

Because of you...





# Kindness is Contagious

It feels so good when someone says something nice to you.. But often, we forget to tell someone when we think they have done a great job, or when we admire a quality in them. Choose four people in your community to write or draw something for.



**YOU  
INSPIRE  
ME!**



**YOU SPREAD  
HAPPINESS  
WHEREVER  
YOU GO!**

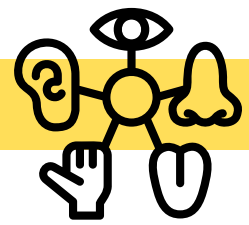


**THANK  
YOU!**



**YOU ARE  
APPRECIATED!**

# My Five Senses :



Nature Scavenger Hunt  
If I go for a walk outside:

**I can  
see**



**I can  
hear**



**I can  
smell**



**I can  
taste**



**I can  
feel**



# Breathing Techniques

## Brain Break: Calm, relax, and reset

When you are feeling overwhelmed, angry, or big emotions take a few minutes to practice these breathing activities.

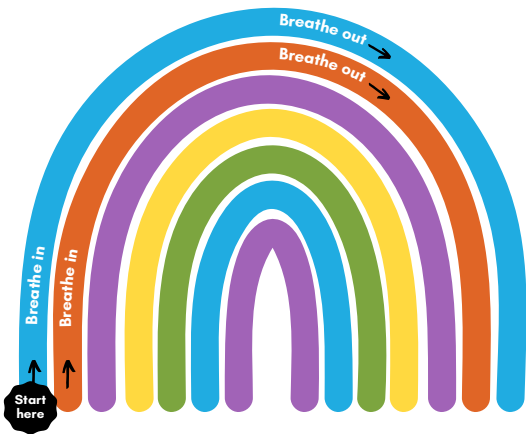
### RAINBOW BREATHING

**Place** your finger at the bottom of the rainbow, on the left.

As you **trace** your finger along the rainbow take a **deep breath in** through your nose, until you reach the middle.

When you reach the middle begin to **exhale** through your mouth, as you trace the rainbow to the end, on the right.

**Repeat** with every stripe until you feel calm and grounded.



### BEE BREATHING

**Sit** comfortably with your legs crossed.

**Breathe** in slowly through your nose for 4 seconds.

**Hold** your breath for 4 seconds.

As you breathe out, make a **bee buzzing** or humming sound.

The comforting vibration of this exercise has a calming effect.

**Repeat** until you are calm and relaxed.



### STAR BREATHING

**Trace** your finger up one side of the star, while you take a **deep breath in**.

**Hold** your breath at the point and **breathe out** as you slide down the other side.

**Keep going** until you've gone around the whole star.

**Repeat** until you are calm and relaxed.



# Breathing Techniques

## Brain Break: Calm, relax, and reset

When you are feeling overwhelmed, angry, or big emotions take a few minutes to practice these breathing activities.

### 5 FINGER BREATHING

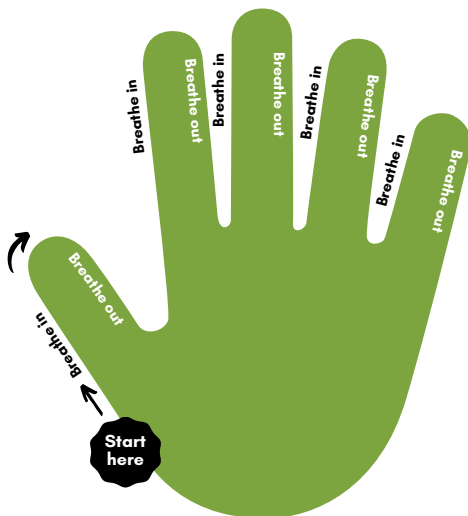
**Slowly trace** the outside of the hand with the index finger.

**Breathe in** when you trace up a finger.

**Breathe out** when you trace down.

You can also do this breathing exercise **using your own hand**.

**Repeat** with every stripe until you feel calm and grounded.



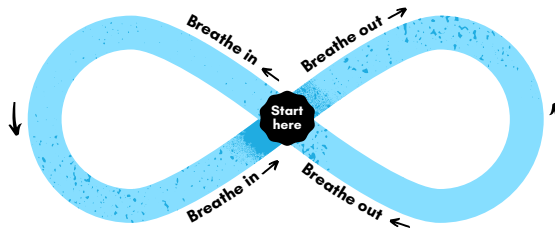
### LAZY 8 BREATHING

**Place** your finger in the middle of the 8.

Go up slowly to the left and **trace** the left part of the 8 while you **breathe in**.

When you pass the middle of the 8 **breathe out**, as you **trace** the right part of the 8.

**Repeat** until you are calm and relaxed.



### BOX BREATHING

**Start** at the bottom left of the square.

**Trace** your finger up the side, while you take a **deep breath in**.

**Hold** your breath for four seconds as you **trace** the second side.

**Breathe out** as you slide down the other side.

**Hold** your breath for four seconds, as you **trace** the bottom of the square.

**Repeat** until you are calm and relaxed.

