

SELF-CARE CAVERN



Hey there, superheroes!

Did you know that taking care of yourself is like having a secret superpower? It's called self-care, and it can make you feel strong, happy, and ready to take on anything that comes your way!

When we talk about self-care, we mean doing things that make you feel good and help your body and mind stay healthy. Just like superheroes need to recharge their powers, self-care helps us recharge and feel our best.

Self-care activities are like magical potions that can make stress disappear! When we're stressed, our bodies and minds can feel jumbled up, like a big puzzle with missing pieces. Self-care activities help put those puzzle pieces back together.



Let's see how self-care activities work their magic:



Super Strength

Self-care activities give you a boost of energy and make you feel strong, just like superheroes! Whether it's playing outside, doing yoga poses, or dancing to your favorite music; moving your body helps release happy chemicals in your brain that make you feel amazing!



Calm Power

When stress tries to sneak up on you, self-care activities come to the rescue! Taking deep breaths, practicing mindfulness, or doing calming activities like coloring or listening to soothing music can help your mind relax and find its calm power.



Happiness Shield

Self-care activities create a shield of happiness around you, protecting you from worries and stress. Doing things you love, like reading a favorite book, playing with toys, or spending time with loved ones, fills your heart with joy and pushes bad feelings away.



Super Focus

Self-care activities help you become a master of focus! When you take care of yourself, you give your brain a break from all the busy thoughts and distractions. This helps you concentrate better on your schoolwork, hobbies, and everything else you want to do!



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MOVEMENT MEADOWS



Hey there, adventurers!

Did you know that exploring the world around you is an amazing adventure? It's called getting active, and it can make you feel energized, happy, and ready to take on exciting challenges!

When we talk about getting active, we mean moving our bodies in fun ways. Just like adventurers need to be strong and nimble, getting active helps us build our strength and flexibility.

Get active by going on thrilling quests that take us on amazing journeys! When we're active, our bodies and minds become invigorated, ready to discover new treasures and conquer any obstacle in our path.

So put on your adventure gear and let's embark on a journey of movement and discovery!

Here are some exciting activities



Nature Scavenger Hunt

Go on a thrilling quest right in your own neighborhood or visit a local park. Use a checklist to search for items like leaves, rocks, and colorful flowers.



Family Dance Party

Transform your living room into a dance floor and have a blast with your family. Turn up the music, show off your coolest dance moves!



Park Exploration

Take a walk or bike ride in a nearby park. Feel the wind in your hair as you explore the beautiful trails and soak in the wonders of nature.



Chores Count

Did you know that chores can be an exciting part of your active journey? Get your family involved in activities like washing the car, raking leaves, or cleaning the house together. You'll not only stay active but also contribute to a clean and tidy environment.



Picnic & Play

Pack a delicious picnic and head to a park. Enjoy your meal surrounded by nature's beauty, and after you've refueled, unleash your playful side. Fly kites, have fun on the playground, or engage in classic outdoor games like hide-and-seek, hopscotch, tag, or kickball.



Commercial Break Challenge

Make the most of commercial breaks during your favorite TV shows. Turn it into a mini-exercise session with quick bursts of push-ups, jumping jacks, or even a friendly contest to see who can do the most in that short time. If you don't have commercials take a break between episodes for some activity!



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HYDRATION COVE



Hey hydration Heroes!

Are you ready to embark on a refreshing journey to keep your body hydrated and feeling fantastic? Water is needed for our bodies and minds to stay healthy. Did you know the human body is made up of between 55% and 60% of water?

Even though it's important to stay hydrated every day, you need to make sure to pay extra attention to staying hydrated when you are being active or when you feel hot - especially if you are sweating!

Let's explore the wonderful world of hydration and discover some fun ways to quench your thirst:



Hydrate through food

Some fruits and vegetables, such as celery, melons, lettuce, and cucumbers, have a high water content. Snack on these hydrating treats to boost your water intake.



Make hydration personal

Decorate your reusable water bottle with stickers, drawings, or your name to make it unique and special. It will remind you to stay hydrated throughout the day!



"Spice" up your water

Add a burst of flavor by infusing it with slices of lemon, lime, or orange. You can also get creative by experimenting with refreshing combinations like cucumber, strawberries, watermelon, or herbs. It's a tasty and enjoyable way to stay hydrated.

Here are some exciting activities



Carry a reusable water bottle

Take a water bottle with you wherever you go. It's not only convenient but also helps reduce waste by avoiding single-use plastic bottles. Remember to refill it throughout the day to stay hydrated!



Make water a part of your daily routine

Whenever you eat a meal or after you use the bathroom, take a moment to drink a glass of water. It's a simple and effective way to stay hydrated.



Begin and end your day with hydration

Start your morning by drinking a glass of water to kick-start your body's hydration. Before you go to bed, savor another glass to replenish your system while you sleep.



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SERENITY SWAMPS



Hey, Mindful Magicians!

Welcome to the world of mindfulness, where you can discover the magic of being present and taking care of your well-being. Mindfulness is all about paying attention to the present moment and being aware of your thoughts, feelings, and surroundings.

Practicing mindfulness can have wonderful benefits for your health and happiness. It helps you cultivate a sense of calm, reduce stress, and improve focus.

Here are some simple activities to explore the wonders of mindfulness:

Breathing exercises can be a powerful tool to bring calm and focus to your mind. Here are a few techniques you can try:

Square Breathing: Inhale deeply for a count of four, hold the breath for a count of four, exhale for a count of four, and then pause for a count of four. Repeat this cycle a few times, feeling a sense of relaxation with each breath.

Straw Breathing: Take a deep breath in, then exhale slowly through pursed lips, as if blowing through a straw. This technique can help regulate your breath and create a soothing effect.

Belly Breathing: Place one hand on your belly and take a slow, deep breath in through your nose, allowing your belly to rise. Exhale slowly through your mouth, feeling your belly sink. This technique promotes deep relaxation and can help release tension.



Mindful Breathing

Find a quiet spot, close your eyes, and take a deep breath in. Notice the sensation of the air filling your lungs, and then slowly exhale. Focus your attention on your breath, allowing any tension or worries to melt away.



Body Scan

Take a few moments to bring your attention to your body. Start from the top of your head and slowly move down, noticing any sensations or areas of tension. Take deep breaths as you scan through each part, inviting relaxation and release.



Mindful Observation

Choose an object, like a flower or a favorite toy. Take a moment to observe it closely, noticing its colors, textures, and shapes. Engage your senses fully, without judgment or rushing. Let yourself be fully present in this moment of observation to calm and quiet your mind.



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DINO DINNER



Hey there, young food explorers!

Discovering the world of healthy eating is an exciting adventure that benefits everyone, no matter your age! By enjoying a variety of delicious foods, you can nourish your body with all the goodness it needs.

Let's embark on a journey to explore the wonders of a balanced diet:

Play with your food:



Fill your plate with a rainbow

Fill your plate with a rainbow of fruits, veggies, grains, protein, and dairy every day. Each food group brings a special set of nutrients that helps your body stay strong and energized.



Help out in the kitchen

Help out in the kitchen by washing fruits and veggies, adding tasty seasonings to dishes, helping plan meals, or even setting the table!



Eating a balanced diet offers incredible benefits along the way:

- **Strengthens and supports your muscles and bones**, making you feel powerful and ready for any adventure.
- **Boosts your immunity**, helping to keep you healthy and strong.
- **Maintains healthy digestive function**, so you can feel your best from the inside out.
- **Supports healthy growth in kids**, ensuring they have all the nutrients they need to thrive.
- **Keeps your skin, teeth, and eyes shining** with health.



RECIPE: MONSTER POP

Ingredients:

- 1 cup spinach, raw
- 2 bananas
- 1 cup pineapple
- 1 1/4 cup water
- 1/2 cup plain Greek yogurt
- 2 Tbsp honey, to taste

What you'll need:

- Blender
- Popsicle mold
- Popsicle sticks

1. Add all ingredients to a blender. Blend until smooth.

2. Pour the liquid into a popsicle mold and freeze for at least four hours.

3. To remove the popsicles, run under cold water for 10 seconds until the popsicles pull away easily from the molds.



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HEALTHY EATING



HOW TO READ A NUTRITION LABEL

- 1 Serving Information:** First take a look at the serving information. This tells you the number of servings in the package (servings per container), and the serving size. The serving size is provided in units that are easy to compare across different foods like cups, tablespoons, or pieces, and also in metric units like grams (g). The serving size shows the amount that people usually eat or drink, NOT the amount that is recommended to eat or drink.
- 2 Calories:** Calories are the amount of energy you get from a serving of food. For example, you consume 230 calories if you eat 1 serving, but if you eat the whole container, you consume 230 calories x 8 servings or 1,840 calories. To maintain a healthy weight, you should aim for a balance of the calories you eat and drink with the calories your body uses as energy.
The general nutrition advice is to consume 2,000 calories per day, but your calorie needs may be different depending on your age, sex, height, weight, and physical activity level. Visit the link below to learn your estimated calorie needs.
- 3 Percent Daily Value (%DV):** This section tells you how much the nutrients like saturated fat, sodium, added sugar, and dietary fiber in one serving of food contribute to your daily diet. 5%DV or less is considered low, and 20%DV or more is considered high.
- 4 Nutrients:** This section of the nutrition label shows some key nutrients that impact your health. Using this section can help you get more of the nutrients you want to get more of, and limit the nutrients you want to get less of.
 - **Nutrients to get more of:** Dietary fiber, Vitamin D, Calcium, Iron, and Potassium
 - **Nutrients to get less of:** Saturated fat, Added sugar, and Sodium
- 5 Footnote:** The footnote explains that the % Daily Value tells you how much a nutrient in one serving of food contributes to a daily diet, and that 2,000 calories a day is used for general nutrition advice.

For more health tools visit: myplate.gov/resources/tools

Nutrition Facts

1	8 servings per container	
	Serving size	2/3 cup (55g)
	Amount per serving	
2	Calories	230
3	% Daily Value*	
	Total Fat 8g	10%
	Saturated Fat 1g	5%
	Trans fat 0g	
	Cholesterol 0mg	0%
	Sodium 160mg	7%
	Total Carbohydrate 37g	13%
	Dietary Fiber 4g	14%
4	Total Sugars 12g	
	Includes 10g Added Sugars	20%
	Protein 3g	10%
	Vitamin D 2mcg	10%
	Calcium 260mg	20%
	Iron 8mg	45%
	Potassium 240mg	6%

5 *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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DREAMERS RIDGE



Greetings, sleep champions!

Getting enough sleep is like plugging into a supercharger—it boosts your brain, keeps your body healthy, and makes you feel fantastic!

Sleep Hygiene is all about habits that help you have a perfect night's sleep. Here's how you can power up your sleep:

Getting ready for bed isn't just about brushing your teeth and wearing your pajamas. It's also about calming your busy brain so you can drift off into dreamland peacefully. Here are some fun and relaxing ways to get your mind ready for sleep:

Wind Down Activities:



Relaxation Rituals

Calming down before bed with stories or soft music can set the stage for a great sleep.



Sleep Schedule Superpower

Going to bed and waking up at the same time every day keeps your body's clock happy and your energy levels high.



Bedroom Sanctuary

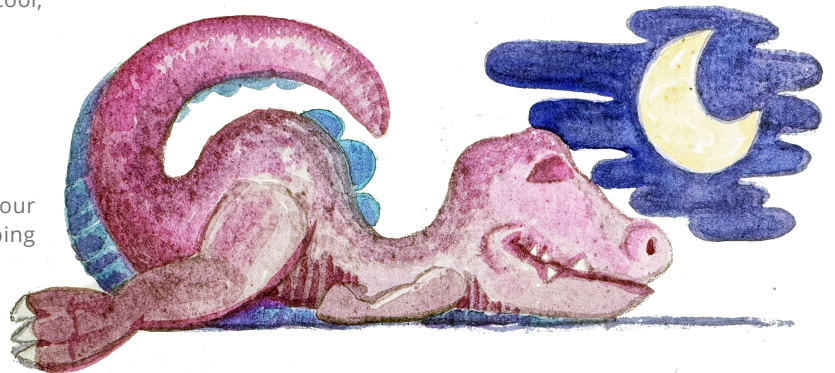
Make your bedroom a cozy cave for sleep—cool, quiet, and dark is the way to go!



Dream Team

Comfy pajamas and a favorite blanket can be your allies in battling the bedtime blues and slipping into dreamland easily.

- **Counting Sheep:** Imagine a fluffy sheep jumping over a fence, and count each one as it leaps. See how many you can count before your eyes feel super heavy!
- **Alphabet Game:** Think of a category like animals or fruits, and try to come up with a name for each letter of the alphabet. Start with A for Apple, B for Banana, and so on!
- **Deep Breathing:** Take deep breaths in through your nose and out through your mouth. Imagine you're blowing up a giant balloon when you breathe in, and deflating it when you breathe out.
- **Story Journey:** Close your eyes and imagine a peaceful place, like a beach or a quiet forest. Picture yourself walking there and explore all the beautiful sights.



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KINDNESS CANYON



Hello, friend finders!

Building connections with others is like crafting a friendship fortress! Social support means having friends and family who help you, cheer you on, and share fun times and sometimes tough times too.

Here's how you can build your Social Support Superpowers:



Friendship Force

Making friends gives you allies in the adventure of life. Whether you're at school, in the park, or in sports, friends can make every day special.



Team Triumph

Working together on projects or team sports can build bonds that make you feel strong and supported.



Family Fun

Spending time with family, sharing meals, or playing games can strengthen your heart and your happiness.



Community Quest

Joining clubs or groups that interest you connects you with others who like the same things you do!



Supportive Superheroes

Everyone needs a little help sometimes. Having someone to talk to, like a parent, teacher, or counselor, can make a big difference when you're feeling down or confused.

ACT OF KINDNESS

- Helping a friend in need
- Sharing a snack or toy
- Complimenting someone genuinely
- Offering to assist in a task
- Writing a thank-you note
- Smiling and saying hello to someone new



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HABIT HIGHLANDS



Hey wellness warriors!

Setting S.M.A.R.T. goals is a great way to make your dreams more accessible. What makes a S.M.A.R.T. goal smart? Let's learn how to set SMART goals, reflect on your progress, and keep your motivation sky-high! Ready to start the journey? Let's go!

SMART GOALS

-  **Specific:** Your goal should be clear and specific.
-  **Measurable:** You should be able to measure your progress.
-  **Achievable:** Your goal should be something you can reach.
-  **Relevant:** Your goal should matter to you and fit with other goals.
-  **Time-bound:** Your goal should have a deadline.

Habit Activities:



Reflection is key!

Reflecting helps you see what's working and what's not, so you can change strategies and keep improving.

While working towards goals, take regular moments to reflect.

What did I learn this week? | What did I do well? | What could I do better next time?



Finding Motivation

Motivation keeps your energy up and can come from celebrating your small successes and remembering why your goal matters to you.



Dedicated and Motivated!

Dedication means sticking with your goals, even when the going gets tough. When you're faced with challenges, finding ways to renew your commitment is key to pushing forward.



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