

RESOURCES



From informative posters and cards to active movement ideas, each resource below intends to engage and educate on the various lifestyle domains and habits. Use them at your convenience.

1

Engage
& Educate



POSTERS

FOR ALL LEVELS

Sleep	"Sleep 9 Hours Every Night"
Screen Use	"Not Too Much Screen Use"
Nutrition	"Plain Water Instead of Sweet Drinks"
Nutrition	"Plate with Fruit and Greens"
Physical Activity	"Active for an Hour a Day"



P1-P3



P4-P5

ADDITIONAL FOR P4-P5

Resilience	"Build Resilience"
Cyber Wellness	"Purposeful Screen Use"

Click [here](#) to download P1-P3 posters

Click [here](#) to download P4-P5 posters

2

Start
a Habit

HABIT CHARTS

Sleep Habits	Sleepy Time Challenge
Screen Use Habits	Screen Break Challenge
Nutrition Habits	Reduce Sweet Drinks Challenge
Nutrition Habits	Rainbow Bites Challenge
Physical Activity Habits	Active Every Day Challenge
SNAP	Health Plan Challenge

P1-P3



P4-P5

Click [here](#) to download P1-P3 charts

Click [here](#) to download P4-P5 charts

Print and display the chart of your choice to inspire a habit

3

Move
& Rejuvenate

MOVEMENT IDEAS

Activity can make one a better learner. Find an online version of the movement ideas to use during study / class breaks.

Click [here](#) to download Movement Ideas



4

Quiz
with facts!

TRUE OR FALSE CARDS

Find facts related to the various lifestyle domains within these cards. Use them to engage and quiz the class.

Click [here](#) to download True or False Cards

