

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



P1-P3

#### ADDITIONAL FOR P4-P5

Resilience	<i>"Build Resilience"</i>
Cyber Wellness	<i>"Purposeful Screen Use"</i>



P4-P5

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

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

## 2

Start  
a Habit

### HABIT CHARTS

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



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

