



Requirements for the Health & Wellness Pin

Healthy Choices & Activities -Kids are encouraged to make healthy choices by switching out a less healthy option with one that is more beneficial, such as replacing inactivity like watching TV or playing a video game with exercise & other fun activities. The goal is to help you learn how to plan. It's also to encourage you to make good decisions which can improve your health

*Earn your Health & Wellness pin by **planning** 10 days of healthy activities and then completing them. For each day on your Health & Wellness Plan sheet, pick at least one way to stay healthy. Then, check them off as you complete them. When you are done, answer the two questions on your plan sheet.*

Example of healthier choices & activities:

- Water vs Juice/Soda: Choose water over other sugary drinks.
- Fruits and Veggies vs Sugary Snacks: Choose fruits and veggies, or other nutritious foods over junk food.
- Make it a Meal: With a family member, make a healthy choice for your breakfast, lunch, or dinner.
- Get more sleep: It is recommended that School-Aged kids (6-13 Years) get 9 To 10 hours each night
- Set up a realistic time for bed and stick to that schedule. Going to bed around the same time each night, even on weekends, will help train your brain to associate a specific time of the night to going to bed.
- Turn off electronics (such as smart phones, tablets, laptops, television, etc.) an hour before bed.
- Trying to read a book or writing in a journal or diary helps wind down and relax before going to sleep
- Take a break from indoors and an participate in your favorite activities outside!
- Go for a walk.
- Host a virtual work out with your friends or family member.
- Go on a bike ride with family or friends.
- Jump rope.
- Do drills and practice skills for the sports you enjoy.
- Get creative and come up with your own healthy choice or way to be active!

**If you are unable to complete activities like these, feel free to modify to your needs

After you fill in your plan, complete your activities, and answer the questions, please have a parent email your **My Health & Wellness Plan** to kids-crew@efa.org and we will send you your Health & Wellness pin.

