



N-1-8 Activity for Choosing Healthy Daily Habits like a Superhero

In this activity, you will practice being a detective – collecting some clues related to how much you sleep, what you eat and how you feel. You will make decisions on how to feel better!\

Scenario One

You're feeling upset. Everything is stressing you out – you don't like comments made by your family members; you feel agitated by the behaviors of other kids– and you feel irritable and unhappy. You were up late; you skipped breakfast, and you only ate the cookies at lunch. You didn't have the energy to play at recess, and you ended up alone.

Write or draw some of the reasons why you might be feeling uncomfortable.

Scenario Two

You are having a great time at a friend's birthday party. You have some food choices for lunch before the birthday cake is served. One of the lunch options includes vegetables and protein, and one does not. *Ask yourself, what would a superhero eat to recharge?*

Draw a picture of some lunch foods that would be a good choice to have at the party.

Scenario Three

Your family members fell asleep early, and no one is making you go to sleep at your regular bedtime. You have to wake up early in the morning for school. You have choices: stay up later and get less sleep, or to go to sleep now and get a full night of sleep. *Ask yourself, what would a superhero do to recharge their body?*

Draw a picture of something that you can do (without screens) to help yourself relax.

Scenario Four

It has been raining all day, and you are inside watching YouTube videos. The rain has finally stopped. You feel tired and irritable. You can keep watching videos or go outside to play. *Ask yourself, what would a superhero do to supercharge their body?*

Draw a picture of an activity you like to do outside that helps you move your body.