



Healthy Day Toolkit

Every day is a healthy day!

This toolkit is full of activities and resources to help your family feel well, live well, and learn well.

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A Healthy Day

Together, Alliance for a Healthier Generation and Kohl's are encouraging families to create a healthier home life. Support physical, social, and emotional well-being for kids and adults by incorporating each of these areas into your daily routine.



Connection

Make time to listen and share with loved ones



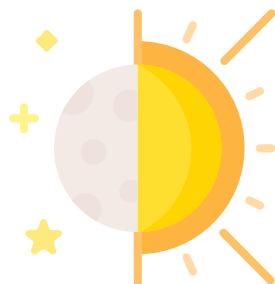
Nutrition

Stay energized with healthy snacks and drinks



Rest

Practice calming strategies and sleep quality tips



Movement

Boost attention and mood with physical activity breaks



Celebration

Create joyful moments that promote healthy choices



Learning

Work together to stay motivated and engaged

Healthy Day Checklist

- Ask a creative question to start a conversation
- Drink plenty of water and eat one fruit or vegetable with every snack or meal
- Get at least 60 minutes of physical activity
- Plan together to accomplish "must do" tasks like homework or chores
- Take a break to focus on what's going well
- Reserve at least 9 hours for a great, full night of sleep

Silly and Speedy Conversation Starters

We always have more to learn about ourselves and the people close to us. Playful, open conversations can help family members of all ages practice empathy and understanding. Plus, it can help us reduce stress, use our imaginations, and get a little silly!

Whether you're on the way to school, waiting in line at the store, or sharing a meal, use these conversation starters anytime, anywhere!



Would You Rather?

Would you rather...

- visit a haunted house or
- ride the tallest roller coaster in the world?

Would you rather...

- be able to talk with animals or
- understand every human language?

Would you rather...

- swap clothes with a family member for a day or
- swap chores for a day?

Would you rather...

- plant a vegetable garden or
- plant a flower garden?

Would you rather...

- have a swimming pool all summer or
- a hot tub all winter?

Would you rather...

- spend a day at the beach or
- a day in the mountains?

Would you rather...

- go a week without music or
- a week without movies and TV?

Would you rather...

- be able to fly or
- breathe under water?

Would you rather...

- have to eat all your meals as sandwiches or
- as tacos?

Would you rather...

- share your bedroom with a pet skunk or
- a pet porcupine?

Would you rather...

- have a treehouse fort or
- a secret tunnel fort?

Would you rather...

- have a full year of springtime or
- a full year of fall?



If You Could...

If you could travel anywhere in the world, where would you go?

If you could go back in time or into the future, what time period would you choose?

If you could be any other animal for a day, what would you be?

If you could learn to cook one special meal from scratch, what would you cook?

If you could design your own board game or video game, what would your game be like?

If you could save one thing in a time capsule for your future self, what would you save?

If you could have one superpower, what would it be?

If you could play any musical instrument, what would you play?

If you could paint your classroom any color, what would it be?

If you could pick any subject to learn about in school, what would it be and who would be the teacher?

If you could meet any fictional character (from books, TV, movies, video games), who would you meet?

If you could describe your day with a facial expression, what would that look like? Can you make that face now?



What Is Your Favorite?

What is your favorite thing about yourself?

What is your favorite dance song? Who sings it?

What is your favorite way to relax after school?

What is your favorite pizza topping or toppings combination?

Who is your favorite TV character? Do they remind you of anyone in real life?

What is your favorite subject to learn about in school?

What is your favorite thing to do with your friends?

What is your favorite way to enjoy the weekend?

What is your favorite way to get your body moving?

What is your favorite season in the year, and what do you like about it?

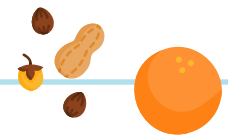
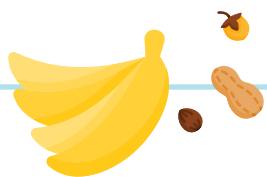
What is your favorite breakfast food, lunch food, or dinner food?

What is your favorite book to read or that someone has read to you?

Tips for Cooking with Kids and Teens

Preparing their own food can help children and teens learn about nutrition, practice meal planning, get to know other cultures, and build basic math skills.¹ It also encourages creativity and independence. Help your family cook safely and confidently with these kid-friendly cooking tips!

1. Talk about kitchen safety, such as care around hot surfaces and sharp tools — older children and adults might be able to help younger children with tasks that require more caution.
2. Consider adapted tools and utensils to make the cooking experience enjoyable and inclusive for family and friends.
3. Identify nutritious snacks your kids want to make and keep the ingredients in an easy-to-reach place to encourage healthy snacking. Help them cut or pre-cook ingredients as needed.
4. Have fun! When you have opportunities to cook with your young home “chef,” try learning a new recipe, let them pick background music, or share stories from your day.
5. Think of each person’s hand as a quick estimate for portioning different kinds of foods. Check out the One-Step Wonders below for examples. Portion suggestions are a helpful place to start — keep in mind that portions are unique to each family member and their needs. MyPlate is a reliable resource for planning meals with your favorite foods.
6. Keep it simple. Introduce young people to snacks they can prepare with little or no adult assistance and snacks that require no preparation, like these one-step wonders.



One-Step Wonders

Try these nutritious snacks for a quick recharge!

1. A cup (your fist size) of fresh, frozen, or canned fruit (canned in water or 100% juice)
2. A small handful of trail mix, nuts, or seeds
3. A big handful of veggies, like edamame, jicama, or mini sweet peppers
4. A hard-boiled egg or premade baked falafel the size of the palm of your hand
5. A cupped handful of air-popped popcorn or pretzels
6. A piece of low-fat string cheese or a yogurt cup (dairy or nondairy)
7. A warm corn tortilla

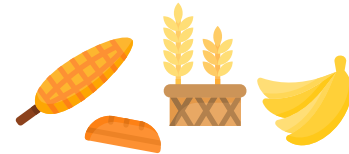
¹Nemours. Kids Health. (2021). Cooking with Kids (for Parents). Retrieved from: <https://kidshealth.org/en/parents/kids-cook.html>.

Healthy Snacks Kids Can Prepare at Home

Are the kids in your family creative and curious? Get cooking! Preparing meals and snacks helps young people learn about nutrition, explore connections between food and culture, and build everyday math skills.¹ Try these kid-friendly snack ideas with your family.



Fresh, frozen, and canned fruits and vegetables are delicious sources of potassium, vitamin C, vitamin A, folate, fiber, and more!²



Lean meats like turkey and chicken, tofu, tempeh, nuts, whole grains, and beans are high in protein as well as iron, calcium, and other nutrients.²

Veggie Dippers

Dip carrots, celery sticks, and sliced cucumbers in nut or seed butter, plain yogurt (dairy or nondairy), or hummus!

Fun Fruit Salad

Cut sliced fruit, like apple, banana, or melon with a small “cookie cutter” in your favorite shape.

Garden Gimbap Rolls

Wrap canned or pre-cooked vegetables in roasted seaweed sheets with a pinch of sesame seeds.

Crunchy Chamoy Treats

Drizzle chamoy over sliced mango or pineapple and sprinkle with unsalted sunflower or pumpkin seeds.

Three Sisters Quesadillas

Native American farmers teach us that Three Sisters — corn, beans, and squash — help each other grow in harmony.³ Try all three in a quesadilla!

Mini Quick Kabobs

Skewer cubed tofu or cooked lean meat, cheese, and vegetables on toothpicks.

Leftovers Lettuce Cups

Fill a lettuce leaf with leftover tofu, beans, or lean meat. Top with salsa, low-fat cheese, kimchi, or your favorite sauce.

Nut Butter Bites

Top whole-grain crackers or a sliced banana with about a tablespoon of peanut butter, sunflower butter, or tahini.

New to preparing food with young people? Check out these [tips for cooking with kids and teens](#) for expert advice on making healthy cooking fun, accessible, well-portioned, and inclusive for each family member.

¹Nemours. Kids Health. (2021). Cooking with Kids (for Parents). Retrieved from: <https://kidshealth.org/en/parents/kids-cook.html>.

²U.S. Department of Agriculture. (2020). MyPlate. Retrieved from: <https://www.myplate.gov>.

³U.S. Department of Agriculture. National Agricultural Library. The Three Sisters of Indigenous American Agriculture. Retrieved from: <https://www.nal.usda.gov/collections/stories/three-sisters>.

Time-Saving Physical Activities

Regular routines and movement go hand-in-hand. Try the following time-saving strategies to get the whole family active while accomplishing daily tasks.

Get More From Your Chores



- When you need to pick something up off the floor (e.g., toys), hold the item in front of you for 30 seconds, do a squat that feels right for your body, or use a tool designed for grasping, holding, and releasing



- While doing laundry, consider taking multiple trips to/from the dryer



- Walk the dog or tend a garden as a group
- While brushing your teeth, rotate parts of your body, like your hips, ankles, neck, arms, etc.
- Energize vacuuming, mopping, and cooking with up-beat music

Energize Your Errands



- When checking the mail, take an extra lap around your neighborhood



- While waiting for service or for an appointment, stand or lift individual body parts one at a time and hold for up to 30 seconds



- Park further from the entrance of your destination for another opportunity to move
- Take the stairs instead of the elevator or escalator
- Consider getting off the bus one or two stops early and walking the rest of the way to your destination through an area that feels safe

Up Your Game and Leisure Time



- While watching TV, pick a word or phrase and every time a character says the word, stretch a body part that feels tense or pull your legs toward your chest



- During each TV commercial break, dance to one song – have each family member take turns choosing the song!
- Play a game of active Charades by acting out phrases or book and movie titles
- Use a deck of cards to create a quick family workout. Do the number of repetitions displayed on the card:

♥ Hearts: twists

♣ Clubs: head-rolls

♠ Spades: basketball jump shots

♠ Joker: wild card!
Choose the number and activity

♦ Diamonds: baseball swings



Strategies to Promote Motivation

Keeping young people motivated can be a big obstacle and cause of tension for families. Whether with homework, chores, or activities, youth often have very different perspectives from adults in their lives about what needs to be done and when things should happen.

Try these tips to boost motivation and cooperation. Keep in mind that these tips work best when everyone is calm. If emotions are high, take a moment to relax with these quick strategies before moving forward together.

STRATEGY 1:

“Have To” and “Can Do”

All people appreciate choice more than demands. Identify for youth what tasks must get done (the “have to’s”) and provide places for choice (the “can do’s”).

INSTEAD OF SAYING	TRY SAYING
Clean your room!	You have to clean your room today. When is a good time for you to get that done?
Put your toys away.	It’s time to clean up. Would you like to pick the cleaning music?

STRATEGY 2:

Co-planning

Youth of all ages value being part of the planning process. Ask youth to share their priorities and create a plan together.

INSTEAD OF SAYING	TRY SAYING
Here is our plan for today.	I have a lot of things I need to do today. What is on your list? How can we help each other get them done?
I made this appointment for you.	Let’s write the top three things we each want to do today and decide together how to get them done.



STRATEGY 3:

Noticing

Asking direct questions, especially when they involve something we are supposed to be doing, can cause people to become defensive and reactive. Instead, start a more supportive conversation with observations and open-ended questions.

INSTEAD OF SAYING	TRY SAYING
Why aren't you doing your homework?	I noticed that you've stopped doing your homework. Is there something you need?
Why are you yelling?	I noticed your voice is getting really loud. Should we take a pause?

STRATEGY 4:

Inviting

Adults can sometimes be overbearing in their desire to support youth. Rather than insisting or taking over, make yourself available to young people and offer them an invitation to go further together.

INSTEAD OF SAYING	TRY SAYING
Stop. Let me help.	I can see you're trying. What can I do to help?
We need to talk about your grades.	I'd really love for us to talk about how school is going. When is a good time for you?

STRATEGY 5:

Talk less, listen more

When adults are focused on getting their own ideas across, youth perspectives are overlooked and young people are less inclined to engage with adults to solve problems. Avoid this by letting the youth go first.

INSTEAD OF SAYING	TRY SAYING
Let me tell you what I think.	What do you think? Here is my concern. Why don't you share your thoughts first.

20 Family Bonding Activities

Spending quality time with family and loved ones can improve social skills, boost children's confidence, and increase feelings of happiness.

HOW TO USE

- Print and cut out the activities below, or take a picture of the page
- Add your own family ideas!
- Take turns choosing an activity to do together as a family



Show-and-Tell – each person selects a special item and shares why it is important to them



Look at Old Photos Together – share stories about your experiences



Get to Know Each Other More – ask questions like the ones in these Silly and Speedy Conversation Starters



Have a Family Slumber Party – build forts, watch a movie, make healthy snacks



Create a Family Music Playlist – listen and dance, talk about your favorite songs



Cook a Favorite Meal – choose age-appropriate tasks such as setting the table, cutting vegetables, and washing dishes



Participate in a Fun Physical Activity – try hide-and-seek or have a dance party



Play a Family Game – this could include board games, trivia, sports or Nature BINGO



Volunteer – pick your favorite cause (e.g., animal shelter) or spend time helping a friend or neighbor



Family Bonding Activities Continued



Have a Fashion Show – model your clothes and donate any you no longer want or need



Complete a Puzzle Together – younger kids can look for edge pieces or certain colors



Create Artwork – paint a canvas together or find [craft ideas online](#)



Explore together with an indoor or outdoor [scavenger hunt](#)



Perform in a Talent Show – each person demonstrates a skill (e.g., juggling, singing)



Have a Family Photo Shoot – Bonus: Have one framed or put photos into an album



Create a Family Vision Board – include your goals for the year and what you are grateful for. (Bonus: Get started with [this template](#))



Make a Family Feel Good Plan – brainstorm ways to de-stress such as deep breathing or talking it out with one another



Read Aloud as a Family – Bonus: Read to long-distance family members over the phone or do a book swap through the mail



Perform Together – make up a dance or act out a favorite book/movie (Bonus: Put it into a video!)



Complete an Obstacle Course – inside or outdoors; include items to jump over, crawl under, run around, and balance on



Making a Feel Good Plan

We all experience tough times and strong feelings. Like experts say, if we want to tame our strong feelings, we first need to name them. After identifying how our stress tends to show up, we can make a plan for practicing healthy ways to cope.

HOW TO USE

- With your child/student, choose the worksheet for their age and answer each question.
- Complete the Feel Good Plan based on the child's responses.
- Share the Plan with the child's teachers/caregivers.
- Bonus: Make a "calm corner" using the [Virtual Me Moments Hub](#) or fill a box with the items in **purple** to help kids and teen with their calming strategies.

Adapted from Wisconsin Department of Public Instruction [Emotional Regulation Plans](#)

Elementary Students (Ages 5-10) My Feel Good Plan

Complete each section below.

Add your own ideas to make sure your Feel Good Plan works for you!

When this happens...

(check all that apply)

- Being left out
- Yelling/arguing
- Lots of homework
- It's too loud or quiet around me
- I'm hungry or thirsty
- Other:

I feel:

(draw, write or use a Feelings Chart)

When I feel this way, I might:

(check all that apply)

- Yell
- Hit someone
- Hide
- Cry
- Not talk
- Other:

Something I can try to help me calm down is:

(check all that apply)

- Say something nice to myself
- Take five deep breaths
- Play with **clay or slime**
- Draw/color with **paper and markers**
- Rest with a **blanket or stuffed animal**
- Other:

My Feel Good Plan:



When I feel _____ and may start to _____,

I will try _____ to help me calm down.

Adults can help me by _____.

Middle & High School Students (Ages 11 and up)

My Feel Good Plan

Complete each section below.

Add your own ideas to make sure your Feel Good Plan works for you!

When this happens...

(check all that apply)

- Not being listened to/included
- Yelling/arguing
- Lots of homework
- Not understanding an assignment
- Teasing
- Other:



I might feel:

(check all that apply)

- Bad about myself
- Frustrated/angry
- Lonely
- Tense
- Tired
- Other:

Others may see me:

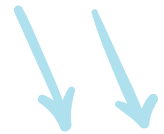
(check all that apply)

- Yell/swear/fight
- Pace/rock/bounce my legs
- Cry
- Get very quiet
- Avoid people
- Other:

Something I can try to help me calm down is:

(check all that apply)

- Say something nice to myself
- Take five deep breaths
- Write in a **journal** or read a **book**
- Listen to **music**
- Go for a walk
- Other:



My Feel Good Plan:



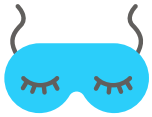
When I feel _____ and may start to _____,

I will try _____ to help me calm down.

Adults can help me by _____.

Super Sleep Spaces

Sleep environments have a great impact on sleep quality, and getting a good night's sleep can help you wake up energized and ready to learn. Try these suggestions to create healthy sleep spaces at home.



Keep it dark

The brain's sleep/awake cycle takes cues from the level of light in your environment.

To send the signal that it's time to sleep:

- Close blinds or curtains
- Cover your eyes with a sleep mask
- Turn off screens, like the TV or phones



Keep it quiet

Similar to light, loud or persistent noises can keep the brain awake and alert.

To find quiet:

- Use earplugs—look for them at grocery and convenience stores!
- Try a fan to create calming background noise
- Use a white noise machine or app



Keep it comfortable

Just like Goldilocks, kids and adults sleep best in spaces that feel just right.

To find a Goldilocks set-up:

- Choose pillows, sheets, and blankets that are comfy
- Wear loose-fitting, comfortable pajamas
- Aim for around 60-67 degrees at night



Keep it relaxing

No matter the size of your room, make it a sleep-focused space.

To make a soothing sleep space:

- Keep phones and tablets away from your bed when it's time for sleep
- Write, draw, or read something calming before bed, rather than view a screen
- Encourage kids to do homework someplace other than where they sleep if possible