

HEALTHY FUTURES

ACTIVITY BOOK

Earn the Healthy
Futures Prize!




FOR KIDS AGES 5-8

**DRAW A PICTURE OF WHAT BEING HEALTHY MEANS TO YOU
BEFORE DOING THE HEALTHY FUTURES ACTIVITIES.**



For more resources, including hand-outs and how some program activities meet
scouting badge requirements, visit **zerobreastcancer.org/healthyfutures**



Are you ready to begin an exciting journey towards a healthier and happier present and future? Inside this activity book, we're going to discover four awesome areas where we can take healthy actions: move more, eat healthy, get enough sleep, and feel better. Why? Because being healthy is super important to feel our best now and help us have a healthy future.

Here's the extra fun part: choose one activity in each area to receive your Healthy Futures iron-on patch or zipper pull! Whenever possible, choose an activity that you don't normally do. When you're done, fill out the form at zbclink.org/prize.



Explore:

MOVE MORE

EAT HEALTHY

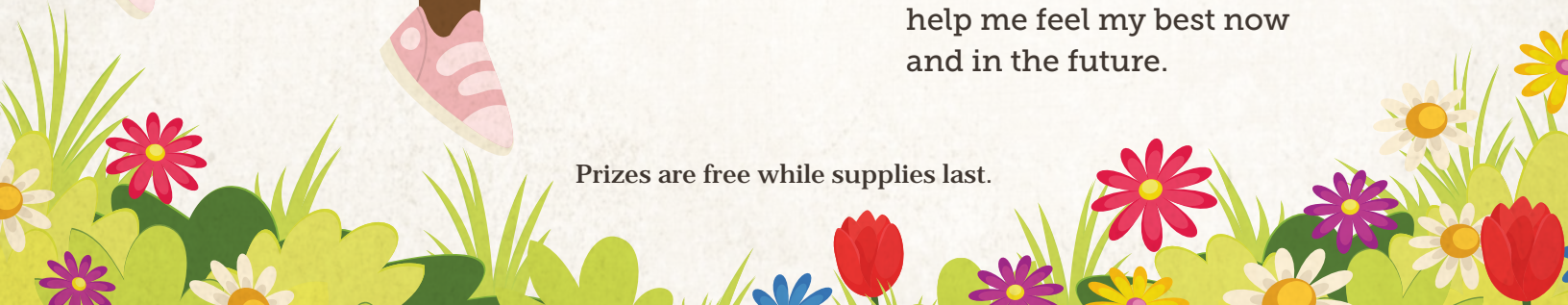
GET ENOUGH SLEEP

FEEL BETTER

Goal:

When I've completed these activities, I'll know how to take healthy actions to help me feel my best now and in the future.

Prizes are free while supplies last.



MOVE MORE



60

Think of your favorite way to move your body. Do you like to run, walk, wheel, play soccer, bike, hula hoop, dance, play with a beach ball or something else? How does it make you feel? Moving is super beneficial for our bodies! It helps our hearts pump strong, improves how our blood travels through our body, and builds strong muscles. Getting enough movement throughout the day helps us feel our best. It makes it easier to do well in school, sleep better, have energy, and be happy. Did you know that it's important to get at least 60 minutes of movement each day? But here's the exciting part – you don't have to do it all at once! Moving a little bit throughout the day adds up. So, how could you get moving in more ways, more often? Let's find out!

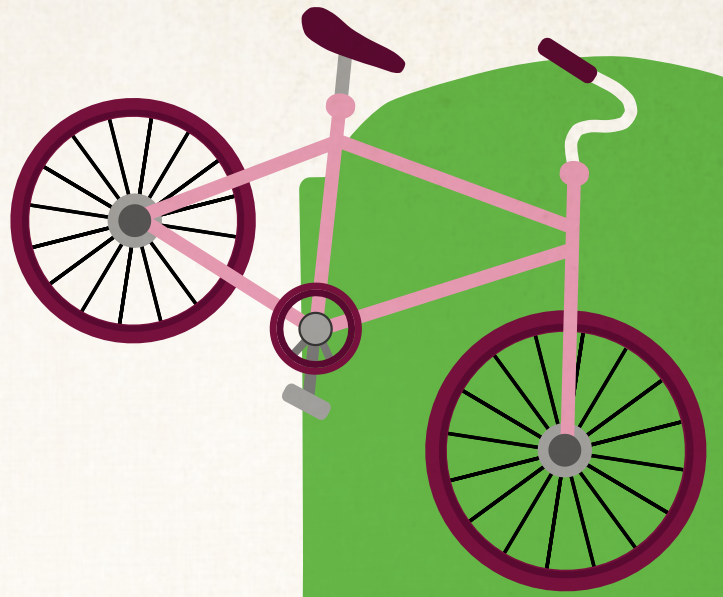
CHOOSE ONE OF
THE FOLLOWING
ACTIVITIES TO
GET MOVING:

1

Walking and wheeling in a wheelchair are great ways to get moving. When something is nearby, it is good to walk or wheel there instead of driving or using public transit whenever possible. Ask an adult where it is safe for you to walk or wheel nearby, then go with them to school, a playground, the store, or on a trail. Bring a friend, if you can! It's fun to pay attention to the things we see and talk about them. What trees, flowers, bugs, animals, or people do you and those you are with see? You can download the scavenger hunt list at zbclink.org/kids-scavenger for ideas on what to look for. How do you feel after taking the walk or wheel? What other places are close enough for you to walk or wheel to?

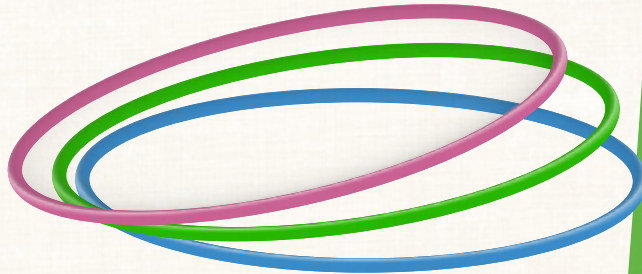
2

Stretching, jumping and climbing help your body be strong. Give yourself a challenge by building an obstacle course either inside or outside. You can go through a blanket tunnel, jump over pillows, climb over chairs and more. Before you try it out, have an adult make sure it is safe. Then, see how fast you can go. Use a timer and see if you get faster the more times you go through it. If you are with friends, make it a race! You can change your obstacle course to make it more challenging and go through it again. How do you feel after going through your obstacle course?



MOVE MORE:

It's important to get at least 60 minutes of movement each day, but it doesn't have to be all at once.



3

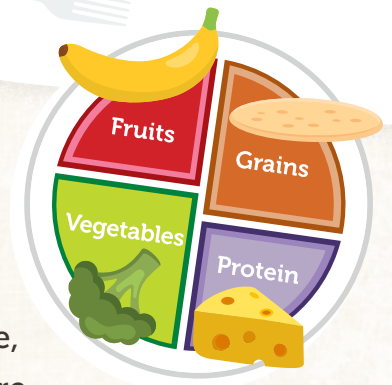
Ask an adult if you can watch the dance videos at zbclink.org/kids-dance and the yoga videos at zbclink.org/kids-yoga. Go through the steps in the videos and see how much fun you can have. Then, come up with your own dance moves and yoga moves. Share them with friends or family and see how much fun you can have while being active! Do you like dance or yoga better? Why? How could you do your favorite more often?



EAT HEALTHY



Just like our bodies need movement to feel great, they also need food to give us energy and keep us healthy. What we eat is incredibly important! Different foods provide our body with different nutrients. Some foods help us build strong muscles, some help us think well, and others give us energy to move our bodies. To be healthy, growing bodies need the right kinds and amounts of foods. A healthful plate is mostly full of vegetables and whole grains, and also has fruits and protein. Turn to the end of this book to circle the healthy foods that you like! How can you eat more of them more often?



CHOOSE ONE OF
THE FOLLOWING
WAYS TO EXPLORE
HEALTHY EATING:

1

Do you know what a whole grain is? Grains are things like oats, rice, corn, and wheat. Some grains are healthier than others, with whole grains being the healthiest. Oatmeal, brown rice, corn tortillas, and whole wheat bread are all whole grains. Whole grains have all of the elements that make them healthy, while processed grains like white bread, flour tortillas, and white rice do not. Which whole grain foods do you like? Have an adult help you pick three whole grain foods and try them. Which one is your favorite?

2

Eating healthy also includes drinking healthy. Water is the healthiest thing to drink. Many drinks have added sugar and chemicals that are not good for your body. It's best to choose water instead of soda, energy drinks, chocolate milk, and fruit juice whenever you can. It is fun to make the water have a special flavor by putting fruits or herbs in it, including lemons, limes, strawberries, cucumber or mint. Make three different flavored waters by adding fruits or herbs and taste them. If you'd like to try the flavor even stronger, you can let the fruit or herbs sit in the water overnight. It can be fun to wear a blindfold and see if you can tell which water is which flavor! Which water was your favorite? Do you like regular water or flavored water better?



**DRINK
WATER!**



EAT HEALTHY:
To be healthy,
growing bodies
need the right
kinds and amounts
of foods.


3

During your next meal, really pay attention to your body and what you're eating. It can help to close your eyes to focus on what you notice. As you eat, talk about your answers to these questions with an adult or a friend: What does your stomach feel like before you start? How does the food smell? What does it taste like? How does it feel in your mouth? How slowly can you chew it? When do you notice being full? What does your stomach feel like when you're full? This practice is called "mindful eating" and can help us enjoy our food more and know when we should stop eating because we're full.



GET ENOUGH SLEEP

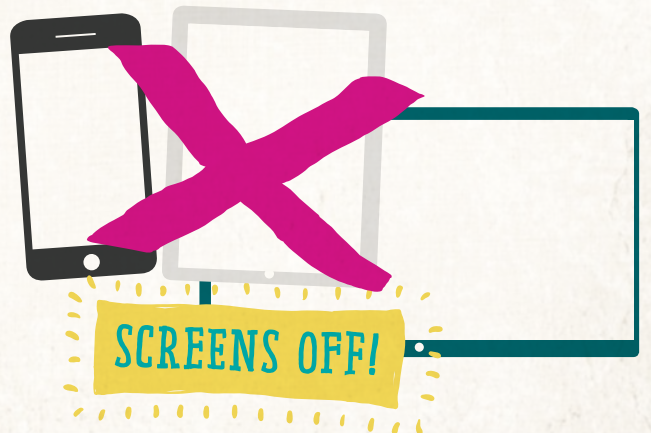
Getting enough sleep is important for our bodies to stay strong. Kids your age need 10-11 hours of sleep each night to be their healthiest. To make falling asleep easier, it helps to go to bed early enough and do some relaxing activities before bedtime. What can you do before bed to calm down? Reading, coloring, cuddling, listening to calming music, and taking a bath are all ways to help us relax before bed. When it is time to go to sleep, it is important for your room to be quiet, cool, and dark. What helps you get your best sleep? Let's explore some bedtime ideas!



CHOOSE ONE OF
THE FOLLOWING
WAYS TO SLEEP
BETTER:

1

Did you know that the light from the TV, computer, tablet, or phone can make it harder to get to sleep? Make sure you turn screens off at least 30 minutes before bed each night to help you sleep well. Try it for one week. You can download the chart at **zbclink.org/screen-tracker** to help you remember and keep track. Do you feel the difference?



2

Meditation is an activity that helps us focus on calming down. Have an adult go to **zbclink.org/kids-meditation**, close your eyes, and listen. Make sure you aren't looking at the screen because that can make it harder to relax. You can also try using a sleep mask to block out any light. Check out the pattern at **zbclink.org/sleep-mask** to make one. Did meditating make you calmer? It's a good idea to try this before you go to bed at night.



3

What time do you go to sleep at night and what time do you get up in the morning?

Going to bed early enough to get 10-11 hours of sleep is important. Talk with an adult about what time you need to go to bed in order to sleep 11 hours. Make this your bedtime to be sure you get enough sleep. Try reading a paper book, taking a bath, or listening to calming music to help you wind down for your bedtime. When it's time to go to sleep, it is best to be in a quiet place that is cool and dark. You can download the chart at **zbclink.org/sleep-tracker** to help you remember your bedtime and keep track. How do you feel after a week with your new bedtime?



GET ENOUGH SLEEP:

It helps to go to bed early enough and relax beforehand so we can get to sleep more quickly.



FEEL BETTER



CHOOSE ONE OF
THE FOLLOWING
WAYS TO FEEL
BETTER:

We all have moments when we feel sad, mad, worried or upset. It's a completely normal part of being human. But you know what's awesome? There are healthy things we can do to help us feel better during those times. We've talked about moving more, eating healthy food, and getting enough sleep – all are wonderful ways to help us feel our best. If you have started taking actions in any of those areas, you are already on your way to feeling better! There are other actions we can take, too, like hugging, playing with a friend, or coloring. What do you notice helps you feel better when you're not feeling well?

1

Laughter can help us feel much better when we are upset. Laughter yoga is a way people start laughing simply to feel great.

It can feel strange at first, so be sure to give it more than one try. Watch the video at

zbclink.org/kids-laugh.

How does laughing make you feel?

ha ha!

lol!

ha ha!

2

The next time you are feeling upset, sit by a window looking at nature or have an adult help you choose a safe place to go outside and sit in nature. You might sit on your porch, against a tree in the grass, or on a park bench. Bring paper and crayons or colored pencils. Draw a picture of what you see. What colors are around you? Do you see bugs, birds, squirrels or other living creatures? After being in nature and coloring, do you feel better or different?



3

When something is bothering us, sometimes we can feel better by sharing it or putting it on paper. Is something bothering you? Tell a friend or family member about it, draw a picture of it, or write about it. How do you feel after?

FEEL BETTER:

When we're having a hard time, there are healthy things we can do to feel better.



CIRCLE THE HEALTHY FOODS THAT YOU LIKE!

VEGETABLES



Broccoli



Carrot



Spinach



Peas



Potatoes

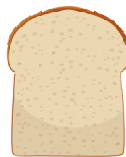
WHOLE GRAINS



Corn tortilla



Oatmeal



Whole wheat
bread



Whole wheat
pasta



Brown rice

FRUIT



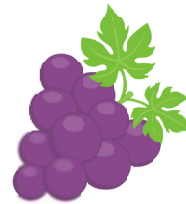
Banana



Apple



Orange

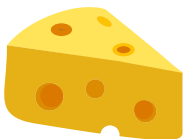


Grapes



Strawberry

PROTEIN



Cheese



Beans



Fish



Tofu



Chicken

**DRAW A PICTURE OF WHAT BEING HEALTHY MEANS TO YOU
AFTER DOING THE HEALTHY FUTURES ACTIVITIES.**

Now that I've taken these actions, I can show my friends and family
healthy actions they can take. I'll encourage them to:

Fill out the form at zbclink.org/prize
to get your Healthy Futures iron-on
patch or zipper pull in the mail!



zero
breast cancer

Zero Breast Cancer is a 501(c)3 non-profit
organization based in San Rafael, CA.

We envision a world with zero breast cancer.

Learn more at zerobreastcancer.org/healthyfutures
or contact us at info@zerobreastcancer.org