

4-H Healthy Living Activity Guide



Try one or all 50 of these fun, skill-building activities to help your kid live a healthy life.

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 INSPIRE KIDS TO DO

Don't Worry, Journal

Don't Worry, Journal is a fun, interactive journal that helps kids learn to manage stress and worry. It includes activities, coloring pages, and a journal for kids to write in.



What is a Journal?

- A journal is a book or notebook where you write down your thoughts, feelings, and experiences.
- It can be a place to keep track of your daily life, your moods, and your dreams.
- It can also be a place to write down your goals and how you are working to achieve them.
- Journaling can help you learn more about yourself and how to deal with stress and worry.

How to Use the Journal

- Write in the journal every day, even if it's just a few sentences.
- Use the journal to write down your thoughts and feelings about anything that is bothering you.
- Use the journal to write down your goals and how you are working to achieve them.



How to Create a Family Bucket List

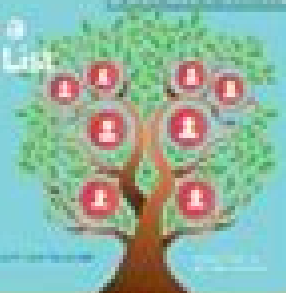
Family Bucket List is a fun, interactive list of activities that the whole family can do together. It includes ideas for outdoor activities, indoor activities, and travel.

What is a Bucket List?

- A bucket list is a list of things that you want to do before you die.
- It can be a list of things that you want to do with your family, or a list of things that you want to do on your own.
- It can be a list of things that you want to do in your lifetime, or a list of things that you want to do in the next year.

How to Create a Family Bucket List

- 1. Brainstorm ideas for activities that the whole family can do together.
- 2. Write down the ideas in a list.
- 3. Prioritize the list, putting the most important activities at the top.
- 4. Start working on the list, one activity at a time.



Staying Healthy Starts With Food

Staying Healthy Starts With Food is a fun, interactive guide that helps kids learn about healthy eating. It includes recipes, coloring pages, and a journal for kids to write in.

What is a Healthy Diet? A healthy diet is a diet that gives your body the nutrients it needs to stay strong and healthy. It includes a variety of fruits, vegetables, whole grains, and lean proteins.

How to Eat Healthy Eating healthy is all about making smart choices when you're at the grocery store or eating out. It means choosing foods that are high in nutrients and low in fat, sugar, and salt.

Why is it Important to Eat Healthy? Eating healthy is important because it helps you stay strong and healthy. It can also help you feel better and have more energy.



Healthy Mother's Day Breakfast



Healthy Mother's Day Breakfast is a fun, interactive recipe that helps kids learn about healthy eating. It includes a list of ingredients, a step-by-step recipe, and a journal for kids to write in.

Ingredients: 1/2 cup of whole grain cereal, 1/2 cup of milk, 1/2 cup of fruit, 1/2 cup of yogurt.

Instructions: 1. Pour the cereal into a bowl. 2. Add the milk. 3. Add the fruit. 4. Add the yogurt. 5. Mix everything together.

Family Yoga Session

Family Yoga Session is a fun, interactive guide that helps kids learn about yoga. It includes a list of yoga poses, a step-by-step guide to each pose, and a journal for kids to write in.



What is Yoga? Yoga is a form of exercise that combines physical postures, breathing exercises, and meditation. It is a great way to stay healthy and feel good.

Why is it Important to Practice Yoga? Practicing yoga is important because it helps you stay strong and healthy. It can also help you feel better and have more energy.

The Guide To Healthy Living

Wenbin Ji



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