TAKE CARE OF YOURSELF, INSIDE AND OUT

You’re living your life, and you’re doing it your way. Which is great! Now you’re ready for some tips on being – and staying – healthy and happy. Discover things about your mind, emotions and body that are good to know.

SPOILER ALERT! WE’LL GO OVER STUFF LIKE:

- How to handle thoughts and feelings in a positive way.
- How kindness helps you and others.
- The importance of keeping your body healthy and safe.
- Where to get help if you need it.

No, life doesn’t come with an instruction manual. But this book might just help you deal with whatever life brings!

KIDS, FEEL FREE TO SKIP THIS PART

DEAR PARENTS AND EDUCATORS,

Children’s Hospital of The King’s Daughters has created this publication to teach children good mental, emotional and physical health habits that will serve them throughout their lives.

It contains information from CHKD’s community outreach and engagement department, mental health program and Healthy You for Life program.

We hope you and your child or student will read this booklet and incorporate its lessons into your daily lives. Our goal is to help children and families be healthy and well together.

Yours Truly,
The Team at CHKD

DEAR PARENTS AND EDUCATORS,

Children’s Hospital of The King’s Daughters has created this publication to teach children good mental, emotional and physical health habits that will serve them throughout their lives.

It contains information from CHKD’s community outreach and engagement department, mental health program and Healthy You for Life program.

We hope you and your child or student will read this booklet and incorporate its lessons into your daily lives. Our goal is to help children and families be healthy and well together.

Yours Truly,
The Team at CHKD

SPOILER ALERT! WE’LL GO OVER STUFF LIKE:

- How to handle thoughts and feelings in a positive way.
- How kindness helps you and others.
- The importance of keeping your body healthy and safe.
- Where to get help if you need it.

No, life doesn’t come with an instruction manual. But this book might just help you deal with whatever life brings!

ADDITIONAL RESOURCES

- CHKD.org/MentalHealth
- CHKD.org/ParentingResources
- CHKD.org/HealthyYou
THE FIRST THING TO KNOW: YOU’RE PRETTY GREAT ALREADY.

Everyone is unique in their own way, including you! People come in all shapes and sizes. And they all have different interests, talents and abilities.

MY NAME IS ___________________________

SOMETIMES IT’S GOOD TO JUST REMIND YOURSELF WHAT A GREAT PERSON YOU ARE IN LOTS OF DIFFERENT WAYS.

CIRCLE THE FIVE WORDS THAT DESCRIBE YOU BEST!

- Kind
- Friendly
- Curious
- Careful
- Helpful
- Peaceful
- Athletic
- Smart
- Artistic
- Responsible
- Cheerful
- Quiet
- Brave
- Musical
- Caring
- Kind
- Creative
- Calm
- Energetic
- Respectful
- Loving
- Strong
- Patient

DRAW YOURSELF DOING SOMETHING YOU LOVE!

AND THIS IS ME!
Everyone has feelings every day. They come and go. Some we like, others we don’t. All feelings are OK. We can make good choices about how to share them.

DRAW OR WRITE ABOUT A TIME WHEN YOU FELT THESE EMOTIONS.

FEELING REALLY BAD? TALK TO SOMEONE ABOUT IT.

Sometimes we feel overwhelmed by our thoughts and feelings. When you feel upset, it's important to talk to a trusted friend or grown-up.

WHO DO YOU TALK TO WHEN YOU FEEL UPSET?
IT’S GOOD TO BE KIND! SCIENCE TELLS US WHY.

Be nice to other people. It just seems like the right thing to do, right? Science has shown why being kind to others makes you feel good. And that it’s great for your health in other ways, too!

IT CHANGES YOUR BRAIN
Kindness increases “endorphins.” Those are chemicals in your brain that make you feel happy.

IT PROTECTS YOUR HEART
Kindness helps your heart calm down, relax and not pump so hard.

IT KEEPS YOU HEALTHIER
Kindness makes your immune system stronger. That means you can fight of disease and germs better and heal faster.

DID YOU KNOW?
When you’re kind to someone, it has 3 positive effects:

1. It makes you feel good!
2. The person you were nice to feels gratitude and joy.
3. Everyone who saw it happen feels good, too.
Food is Energy

Charge up with the good stuff.

Cars use gas for energy. Your body uses food and water. Natural foods that come in bright colors, like red, green, yellow, and orange, have lots of good fuel in them. The more active you are, the more food you need. If you hang out on the couch all day, you don’t need as much food.

Don’t run out of gas!

Your body can run out of food just like a car runs out of gas. That’s why you should eat three meals a day and a healthy snack. If you skip a meal, you could run out of gas. When you miss a meal, you might feel weak, tired, or dizzy, and you might get a headache or cramps in your stomach. So be sure to eat your meals and a healthy snack.

Water it’s clearly your best drink choice!

All living things need water to survive, including kids. When you’re picking out something to drink, nothing beats good ol’ water. It really hits the spot, and it’s great for you! Try drinking at least 5-8 cups of water each day.

How many 8-oz cups of water should you drink per day?

Well, how old are you? _____________________

Try drinking at least that many cups!

You’re sweet enough already!

Did you know that soda, flavored drinks and fruit juice are loaded with sugar? So are cookies, ice cream and candy.

Sugary drinks and treats may taste good, but they don’t give your body the kind of energy you can depend on. And too much sugar can cause lots of health problems. For most kids, it’s OK to enjoy a sweet treat once in a while. Just remember that when it comes to sugar, less is better!

Kids should eat less than 25 grams, or 6 teaspoons, of sugar per day.

How much sugar does each item have? Draw a line & match them!

Answers: 12 tsp = soda  |  10 tsp = ice cream  |  3 tsp = 1 cookie  |  25 tsp = 1 cupcake
BUILD A HEALTHY PLATE

Making healthy food choices can be simple when you use the MyPlate method. MyPlate illustrates how to build a healthy plate at each meal and how much of each food group you should eat. Each balanced meal should have a fruit, vegetable, grain, protein and serving of dairy. Keep this picture in mind at each meal when you’re serving yourself and your family.

DAIRY
3 Low-Fat Servings
Milk, cheese, yogurt

VEGGIES
3-4 Servings
Lettuce, broccoli, kale, tomatoes, peppers, cabbage, green beans, squash, cucumbers, peas, cauliflower, cabbage.

FRUITS
2-3 Servings
Oranges, apples, grapes, berries, melons, bananas, kiwi, peaches, mangos, plums.

GRAINS
4-6 Servings
Whole-wheat bread, whole-grain pasta, brown rice, cereal, oatmeal, quinoa, tortillas.

PROTEIN
2-3 Servings
Eggs, nuts, seeds, beans, tofu, fish, chicken, beef, pork.
WHAT’S YOUR BODY TELLING YOU?

HOW TO EAT JUST THE RIGHT AMOUNT

It’s easy to eat more than you should if you’re not paying attention. That’s called “mindless eating.” Here are some tips for doing the opposite, which, of course, is called “mindful eating.”

FOCUS ON YOUR FOOD

Eating while distracted or upset can cause you to eat more than your body needs. Turn off the TV and put down the phone. Focus on how your food looks, smells and tastes.

SLOW DOWN

It takes your brain up to 20 minutes to realize you’re full. If you eat too fast, you may not realize you’re full until you’ve already eaten too much.

LISTEN TO YOUR BODY

Are you really hungry? Sometimes we eat just because we’re bored, lonely or upset.

DID YOU KNOW EXERCISING HELPS YOUR MIND AND BODY?

By moving your body you can express yourself and release emotions.

Feeling Happy? Do a cartwheel.
Feeling Worried? Shake it out.
Feeling Angry? Stomp it out.
Feeling Sad? Take a walk in nature.

WHAT’S YOUR FAVORITE WAY TO GET MOVING?

CELEBRATE WITH YOUR FAVORITE MOVES THE NEXT TIME YOU ACCOMPLISH A GOAL

Rewarding yourself with movement instead of food sets up great habits for life! And it’s even better if you do something active with your family or a friend.
SWEATING A LOT? NO SWEAT!

Sweat is your body's air conditioning. When you work out, your body gets hot, so it makes you sweat. The sweat dries on your skin and cools you off. That's a good thing, and it means you're getting a good workout. Just be sure to drink plenty of water to make up for the water you lose through your sweat.

WHY EXERCISE?

1. Makes your heart stronger.
2. Prevents some illnesses.
3. Makes your muscles stronger.
4. Makes your bones stronger.
5. Helps control your weight.
6. Calms you down if you're upset.
7. Makes you feel happier.
8. Improves your balance.

IS IT REALLY EXERCISE?

If you're sweating from activity, you're exercising. Exercising changes your breathing. If you are breathing so hard that you can't talk, slow down. If you are breathing so easily that you can sing, speed up.

AIM FOR 60 MINUTES OF MOVIN' AND GROOVIN' EVERY DAY

It doesn't have to be all at once. Circle all the ways you like to get active!

RUNNING  DANCING  PLAYING TAG
HIKING  BIKE RIDES  ROLLER SKATING
YOGA  PLAY SPORTS
SKATEBOARDING
PLAYING CATCH  SWIM
FLY A KITE  JUMP ROPE
SHOOT HOOPS  WALKING

AIM FOR 60 MINUTES OF MOVIN'
AND GROOVIN' EVERY DAY
STAYING SAFE

PROTECT YOUR BRAIN
Circle all the sports and activities that need a helmet.

DO NOT TOUCH
Cross out the things that are NOT SAFE to touch.

MAKE A SAFE SPLASH
Unscramble the words below and use the letters in the circles to solve the riddle.
Riddle: Never swim without an ______
simw
asilboat
idve
ubbleb
ilef vste
teid
loggegs

ANSWERS: Adult | Swim | Sailboat | Dive | Bubble | Life Vest | Tide | Goggles

STOP THE GERMS
Germs like bacteria and viruses are so small, you need a microscope to see them. But they sure can cause lots of trouble! Here’s how to keep harmful germs away.

1. USE A TISSUE
Use a tissue to cover your coughs and sneezes.

2. NO TISSUE?
Cough or sneeze into your elbow or upper arm.

3. WASH YOUR HANDS
Count to 30 while rubbing your hands with soap & warm water.
**BE SURE TO CATCH ENOUGH ZZZZZ’S EVERY NIGHT**

You need at least 10 hours of sleep each night, maybe more. If you don’t get enough sleep, you might not do as well in school or on your sports team. Sleep is food for the brain and body that keeps you healthy. When you don’t sleep enough, you could get sick more often and even gain weight that you don’t need.

**MORE SLEEP TIPS!**

1. Be active during the day, but not too close to bedtime.
2. Turn off the TV, laptop, tablet and cell phone before bed.
3. Try to go to bed around the same time every night.
4. Relax and focus on happy thoughts.

**PUT SHEEPY-HEAD TO BED!**

**MY FUNNiest, WEIRDEST OR BEST DREAM EVER!**

Do you remember your dreams when you wake up? Some people remember dreams all the time, others not as much – or not at all. Dreams are mysterious. You can usually only guess what they might mean. Really scary dreams are called nightmares. If you have nightmares or have trouble sleeping, tell a grown-up. It might help.

---

**DRAW & DESCRIBE YOUR DREAM**

---

19

20
ACTIVITY

Color in the picture and find all the good things happening.

- Draw a circle around all the **safe** things happening
- Draw a rectangle around all the **healthy** foods & drinks
- Draw a square around the acts of **kindness**
- Draw a triangle around people being **physically active**
- Draw an X through all the **unsafe** or **unhealthy** things happening
I DID IT!

- Introduction Pages 1-2
- You’re Pretty Great Pages 3-4
- Feeling The Feelings Pages 5-6
- It’s Good To Be Kind Pages 7-8
- Food Is Energy Pages 9-10
- Build A Healthy Plate Pages 11-12
- Listen To Your Body Pages 13-14
- Playing Hard Pages 15-16
- Staying Safe Pages 17-18
- Sleepy Time Pages 19-20
- Activity Pages 21-22

RESOURCES

- CHKD.org/MentalHealth
- CHKD.org/ParentingResources
- CHKD.org/HealthyYou

Children’s Hospital of The King’s Daughters.
601 Children’s Lane, Norfolk, VA 23507