



Looking for program ideas so you can apply for a Healthy Habits for Life grant?

- 🍏 Incorporate Character Education into the physical learning environment by having fitness stations that are tied to a corresponding character trait, such as jumping rope which represents perseverance.
- 🍏 Assemble sports and physical activity bags for students to check out on the weekends.
- 🍏 Develop a caring room that assists students with self-calming, mindfulness and destressing activities.
- 🍏 Add a DISC golf course to school grounds, or create programs for children to walk or run throughout the duration of recess.
- 🍏 Implement the Kansas Social, Emotional and Character curriculum which includes instruction on interacting effectively and learning the ability to prevent, manage and resolve interpersonal conflicts.
- 🍏 Educate students on health aspects of the entire body system through the Body Venture exhibit.
- 🍏 Obtain heart rate monitors, blood pressure sensors, oxygen gas sensors and develop a cardiovascular endurance curriculum to promote heart healthy activities.
- 🍏 Incorporate Spike Ball or GaGa Ball into the physical education curriculum, or invest in weightlifting and circuit training equipment for physical education classes.
- 🍏 Keep students engaged by allowing older students to produce videos that offer daily healthy messages.
- 🍏 Create a weekly walking program or a before school walking club and provide incentives for reaching goals.
- 🍏 Plan a Senior Health Fair and invite people from local senior centers to interact with students.
- 🍏 Organize healthy living family nights so students, their siblings and parents can be active together.
- 🍏 Implement a nutrition bar with healthy snack items for students that include education about why the items are good healthy choices and provide incentives to students who visit the nutrition bar for specific intervals.
- 🍏 Educate students on nutritional and healthy portion size meals through the MyPlate program.
- 🍏 Offer oral, visual, hearing or health screenings to all students.



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