

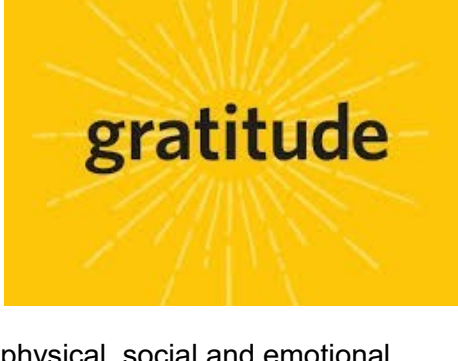


November 2020

Healthy Kids Connection is a monthly source of news, resources, contests and education to help keep northern Colorado families and schools healthy and connected.

November is Gratitude Month

Even though our world has been turned upside down and nothing seems “normal” these days, we know how important it is to turn off the negativity, turn on the positivity and express gratitude. November has become the official month to practice gratitude because of our country’s annual celebration of Thanksgiving, but we know it’s important to practice gratitude all year long for optimal physical, social and emotional health. You and your family can practice gratitude this month with this fun activity [kind acts bingo](#).



We often hear how grateful our communities are that Healthy Kids Club has been supporting our schools and families with health programming for over 23 years. We, in turn, are grateful to have the opportunity to work together with our schools and community to improve the physical, social and emotional health of our young people.

Healthy Kids Club Program Updates



Save the Date for the 5210+ Challenge—Starting February 1, 2021!

This year, the Challenge will be virtual. Look for information from your schools in January. [Click here](#) to view an informational video from the 2020 Challenge.

HEALTHY BEST BINGO!

DIRECTIONS:

- Cross off squares as you complete them to try to get a Bingo.
- Games begin September 20 and end October 19.
- Each Bingo will count as one entry into our drawing for Healthy Kids Club prizes.
- Prizes will be drawn on October 20.
- Submit your Bingo card for your drawing.
- Prizes will be announced in the October issue of Healthy Kids Connection.

Qualifying Bingos: horizontal or vertical or diagonal

| | | | | |
|---|---|---|---|---|
| 1. Eat a total of 5 fruits and vegetables today. | 2. Eat a total of 1 hour of screen time today. | 3. Get a total of 1 hour of physical activity today. | 4. Get a total of 1 hour of screen time today. | 5. Get a total of 1 hour of physical activity today. |
| 6. Get a total of 1 hour of screen time today. | 7. Get a total of 1 hour of physical activity today. | 8. Get a total of 1 hour of screen time today. | 9. Get a total of 1 hour of physical activity today. | 10. Get a total of 1 hour of screen time today. |
| 11. Get a total of 1 hour of physical activity today. | 12. Get a total of 1 hour of screen time today. | 13. Get a total of 1 hour of physical activity today. | 14. Get a total of 1 hour of screen time today. | 15. Get a total of 1 hour of physical activity today. |
| 16. Get a total of 1 hour of screen time today. | 17. Get a total of 1 hour of physical activity today. | 18. Get a total of 1 hour of screen time today. | 19. Get a total of 1 hour of physical activity today. | 20. Get a total of 1 hour of screen time today. |
| 21. Get a total of 1 hour of physical activity today. | 22. Get a total of 1 hour of screen time today. | 23. Get a total of 1 hour of physical activity today. | 24. Get a total of 1 hour of screen time today. | 25. Get a total of 1 hour of physical activity today. |

Healthy Best Bingo

We awarded 20 Healthy Kids Club prize packs to October **Healthy Best Bingo** participants!

Join us in congratulating students from Madison, BFKitchen, High Plains, Shepardson, Laurel, Loveland Classical, Tavelli, Maplewood, Winograd, Timnath, Kruse and McGraw.

Look for other contests in the coming months!

Grateful for our Four-Legged Friends

Our Healthy Kids Club team is crazy about dogs. We found some wonderful reasons to love quarantine as we welcomed three new puppies onto our team. They sometimes come to our meetings (not all at the same time) and we are beyond grateful for their love, playfulness and genuine JOY.



Cooper



Rookie



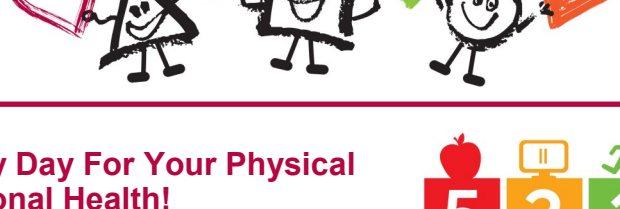
Millie

Besides being super cute and cuddly, our dogs help us get our 1 hour of physical activity every day. A win-win for everyone!

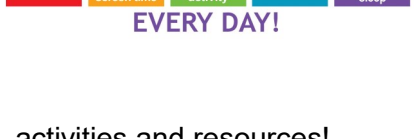


We sure miss seeing everyone’s smile these days. How do we express our emotions when so much of our face is covered with a mask?

This wonderful [news story](#) gives us some great ideas.



5210+ Every Day For Your Physical AND Emotional Health!



The Healthy Kids Club 5210+ health habits are essential for tip-top physical health, but they also play a huge role in supporting our social and emotional health.

Read below for some great 5210+ information, activities and resources!

Good Mood Food and Hydrate for Happiness

Did you know foods can help us to feel good emotionally? We’re not talking about treats and comfort food (although everyone likes those “sometimes” foods on occasion.) We are talking about healthful fruits and vegetables—with vitamins and minerals to boost our mood and energy. [Read this article to learn about some good mood food!](#)



Check out this recipe ([click on image above](#)) for a fun, festive and healthy Thanksgiving turkey veggie tray.

Sugary drinks can wreak havoc on our emotional health. We might feel happy and energetic right after we drink something sweet, but once that sugar wears off, we that find ourselves nervous, irritable and, well, thirsty. Sugary drinks don’t do much to quench our thirst. There’s an easy and fast fix for that. **Drink water!**



[Read here](#) to see how drinking water helps our bodies and our minds.

Powering off

We have definitely heard about the challenges of remote learning and the amount of time students spend on technology for school. Although we are grateful for technology enabling the remote learning option, we know screen time is absolutely overwhelming. All the more reason to limit the amount of recreational screen time and get active, artistic, creative, imaginative and grateful for our big amazing world. [This is a great article about the benefits gained from reducing recreational screen time.](#) What to do instead? Head out for a nice family walk, get reconnected with a family meal and be sure to download this fun kindness activity.

spread love through KINDNESS

HOW CAN YOU SHOW KINDNESS TO THOSE AROUND YOU? TRY TO COME UP WITH AN IDEA FOR EACH LETTER, THEN SEE HOW MANY YOU CAN COMPLETE IN 30 DAYS.

| | | | |
|---|-------|---|-------|
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| B | _____ | O | _____ |
| C | _____ | P | _____ |
| D | _____ | O | _____ |
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| K | _____ | X | _____ |
| L | _____ | Y | _____ |
| M | _____ | Z | _____ |

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[Click on image to download](#)

Feel Good Physical Activity

Exercise is a natural mood enhancer. When we exercise, endorphins are released in the brain which help to elevate a person’s mood along with their energy levels. [Read here](#) about the benefits of exercise...you’ll be grateful for all your body can do.



Poria, Papua New Guinea

Speaking of gratitude, the gratitude dance video ([click on the image above](#)) is so fun to watch! Have you traveled to any of the places you see in the video? See if you can make up your own gratitude dance - maybe you can take it public and see if others will join in.



Dreamy Sleep

Waking up in the morning after a good night’s sleep is a great feeling. It gets our day off to a great start and is one of the most important things we can do for our physical and emotional well-being. Need some tips on getting your Zz’s? [Read here.](#)