

EVERY KID HEALTHY WEEK

2023 SCHEDULE

April 24th	April 25th	April 26th	April 27th	April 28th
Mindfulness Monday	Tasty Tuesday	Wellness Wednesday	Thoughtful Thursday	Family Friday
CHILD HEALTH FOCUS				
Social Emotional Health	Nutrition and Food Access	Physical Activity and Active Play	Equity Awareness	Family-School Partnership
				

Every Kid Healthy Week is an annual observance on the last full week of April that focuses on promoting the health and well-being of children. This year the observance falls on **April 24th - April 28th**.

Each day of the week has a dedicated focus and includes tasks that align with that focus to reinforce the importance of maintaining the health and wellness of our kids.

Schools often integrate this observance and follow the themes of each day to engage children on the importance of health & wellness. As a parent, you can take action at home and incorporate fun activities to follow the themes throughout the week.

Here are some ideas that can help you get started:



Mindful Monday

This day focuses on practicing **social emotional health** and **mindfulness skills** to build resilience in kids.

You can practice breathing exercises with your little ones for emotional regulation, or maybe help them start a journal where they can express themselves freely.

Tasty Tuesday

This day focuses on building **healthy habits with nutrition**.

You can make a yummy fruit bowl or healthy meal with your kids, or even shop local and explore what farm-to-table means.



Wellness Wednesday

This day focuses on self-care strategies to **strengthen overall wellness** in your kids along with physical activities and active play.

Take your kids out to the park, on a walk, or play fun games to get your kids moving and exercising their muscles.

Thoughtful Thursday

Equity awareness and **promoting healthy habits** among kids can go hand in hand during a healthy week event.

Encourage kids to try new healthy foods by offering a variety of options during meals and snacks. Make sure to include foods from different cultures to celebrate diversity.



Family Friday

Involving families in a healthy week event can help strengthen the partnership between the school and the community, and reinforce healthy habits at home.

Encourage families to share their own healthy habits and traditions with the school community. This can help celebrate diversity and encourage families to support each other in living healthy lifestyles.

Provide resources for families to continue promoting healthy habits at home, such as healthy recipe books, exercise routines, or information on local health resources.

HANFORD

740 N. Irwin St.
Hanford, CA 93230

559.272.9551



VISALIA

4004 S. Demaree St. #A
Visalia, CA 93277

559.272.9549