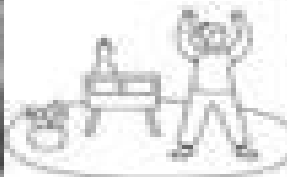


# HEALTH TOPICS FOR KIDS

TRI-FOLD HANDOUTS FOR ELEMENTARY STUDENTS

## EXERCISE



HAVE YOU EVER FELT DOWN IN THE MIDDLE AND UNMOTIVATED TO DO ANYTHING?

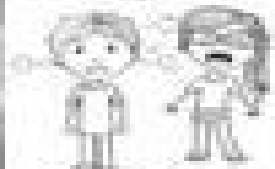


## OUTSIDE



GET LOST IN NATURE AND YOU WILL FIND YOURSELF.

## WALK



IF YOU ARE IN A BAD MOOD GO FOR A WALK. IF YOU ARE STILL IN A BAD MOOD, GO FOR ANOTHER WALK.  
—LITTOCKMAN'S

## YOGA



IF THE OCEAN CAN CALM ITSELF, SO CAN YOU. WE ARE BOTH STILL WATER MIXED WITH AIR.

## ZZZZZZZZ



EARLY TO BED AND EARLY TO RISE MAKES A MAN HEALTHY, WEALTHY, AND WISE.  
—BENJAMIN FRANKLIN



# Elementary School Health Instruction

**KJ Lindholm-Leary**



## **Elementary School Health Instruction:**

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