

October 2023

Child Health Month Activities!

How many activities can you complete in 31 days?

#CHM2023TN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Try Yoga Poses</p> <p>Yoga can improve the strength, coordination, and flexibility of your child. Moreover, yoga lays the foundation for a fit lifestyle that children can carry with them for a lifetime.</p>	<p>2</p> <p>Eat a Rainbow</p> <p>The different colors of fruits and vegetables represents different nutrients. A fun way to teach children the importance of eating a variety of colorful foods is to try something new. Pick a new color of a healthy food to try each week.</p>	<p>3</p> <p>Engagement Series</p> <p>Join us from 12-1PM CDT to be part of the conversation on supporting individuals with Down Syndrome and their families. Click here to join.</p>	<p>4</p> <p>What's Your Favorite Color?</p> <p>Children can share their favorite foods of each color. Then, encourage them to add one more to their list that they want to try. Try a new food each week.</p>	<p>5</p> <p>Engagement Series</p> <p>Join us from 12-1PM CDT to be part of the conversation on Child Fatality Review and Prevention across Tennessee. Click here to join.</p>	<p>6</p> <p>Practice Mindful Breathing</p> <p>Mindful breathing is a building block in all mindfulness practices. Children benefit from focusing on their breathing when confronted with emotions that are hard to manage. Deep breathe in and out 10 times.</p>	<p>7</p> <p>Journal</p> <p>Encourage your children to write 3 good things they have achieved.</p>
<p>8</p> <p>Goal Setting</p> <p>Sit down together and help your children set some goals that they would like to achieve.</p>	<p>9</p> <p>Sharing is Caring</p> <p>Have your children think about what matters to them and encourage them to share why those things matter.</p>	<p>10</p> <p>Engagement Series</p> <p>Join us from 1-2PM CDT to be part of the conversation on how adverse childhood experiences can increase the risk for substance misuse. Click here to join.</p>	<p>11</p> <p>Drink More Water</p> <p>Make sure water is easy to find. The simpler it is to get, the more inclined your kids will be to drink it. Put water out at breakfast, lunch, dinner, and snack times. Try to add one more cup of water today.</p>	<p>12</p> <p>Engagement Series</p> <p>Join us from 12-1PM CDT to be part of the conversation on the importance of striving for a quality of life to improve physical and psychosocial health. Click here to join.</p>	<p>13</p> <p>Eat Healthier</p> <p>Help your children eat more fruits and vegetables, less sugar, and fewer carbonated beverages and processed foods. Have regular family meals. Be a role model by eating healthier.</p>	<p>14</p> <p>Show Gratitude</p> <p>Help your children show their gratitude to people who are helping to make the world a better place.</p>

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<p>15</p> <p>Grow Your Own Food A small garden is good for children and for everybody. Planting a backyard garden with your children is a good way to connect with nature—and a great way to have a ready supply of fresh fruits and vegetables.</p>	<p>16</p> <p>Play Hide and Seek Have other children play or keep a toy hidden somewhere in the house and ask your child to find it. You can use different cues to guide him/her.</p>	<p>17</p> <p>Engagement Series Join us from 12-1PM CDT to be part of the conversation on physical activity and mental health in school-aged children. Click here to join.</p>	<p>18</p> <p>Eat Your Veggies Wash fruits and vegetables under cold running water. Get children involved by letting them help wash and prepare the food.</p>	<p>19</p> <p>Engagement Series Join us from 12-1PM CDT to be part of the conversation on reducing male student's responses to generational and environmental trauma. Click here to join.</p>	<p>20</p> <p>Play Simon/Simone Says While the rules are simple, the options for movement are endless. Children can jump like a kangaroo, stand as tall as a house, make funny faces, stand on one foot, or wave their hands over their heads.</p>	<p>21</p> <p>Five-Finger Starfish Meditation Have children hold up one hand in a starfish position (fingers spread wide) while they gently trace up and down each finger with the other hand, focusing on regular breathing at the same time.</p>
<p>22</p> <p>Animal Walk Indoors or out, encourage your child to slither like a snake, hop like a frog, gallop like a horse, or walk like a bear on all fours.</p>	<p>23</p> <p>Don't Smoke Around Children Set a positive example by being vape and tobacco free. Until you quit, choose to smoke outside. Do not smoke in your home or car and do not allow family and visitors to do so.</p>	<p>24</p> <p>Engagement Series Join us from 12-1PM CDT to be part of the conversation on engaging youth to live nicotine free with youth ambassadors. Click here to join.</p>	<p>25</p> <p>Dance Across TN Dancing is a fun physical activity to do indoors or outdoors! Visit the Healthy Kids and Teens website for information to join us for a virtual LIVE line dance party at 12PM CDT, 1PM EDT!</p>	<p>26</p> <p>Engagement Series Join us from 12-1PM CDT to be part of the conversation on improving the health of children through nutritional assistance and education. Click here to join.</p>	<p>27</p> <p>Funny Face Plates Choose whole food ingredients children can experiment with — an assortment of veggies, fruits, meats, nuts, and seeds — to create funny faces with food before they get to enjoy the balanced meal.</p>	<p>28</p> <p>Blowing Bubbles Have your children focus on taking in a deep, slow breath, and exhaling steadily to fill the bubble. Encourage them to pay close attention to the bubbles as they form, detach, and pop or float away.</p>

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<p>29 Mindful Walk Go on a mindful walk with friends and family and use your five senses to interact with the world around you.</p>	<p>30 Enjoy the Great Outdoors Cut back on “screen time” and enjoy the great outdoors with time at the playground, a swim in a lake, a hike in the woods, or a walk in the park.</p>	<p>31 Engagement Series Join us from 12-1PM CDT to be part of the conversation on the importance of newborn screening. Click here to join.</p>				

