

October 2024

Child Health Month Activities!

How many activities can you complete in 31 days?

#CHM2024TN

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>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>3</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>4</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>5</p> <p>Journal</p> <p>Encourage your children to write 3 good things they have achieved.</p>
<p>6</p> <p>Goal Setting</p> <p>Sit down together and help your children set some goals that they would like to achieve.</p>	<p>7</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>8</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>9</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>10</p> <p>Mirror</p> <p>Help your children with their self-esteem. Stand with them in front of a mirror and tell each other your favorite things about each other.</p>	<p>11</p> <p>Try a New Recipe</p> <p>Utilize your public library and find a new healthy recipe to enjoy together.</p>	<p>12</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>13 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>14 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>15 Danger of Vaping Talk with children early and often about vaping. This conversation can protect children from many of the high-risk behaviors associated with e-cigarettes and other tobacco products.</p>	<p>16 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>17 Talk With a Doctor Your child’s doctor can help your child understand why physical activity is important. Your child’s doctor can also help you identify the best sports and activities.</p>	<p>18 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>19 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>20 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>21 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>22 Emphasize Fun Help your child find sports and activities the family can enjoy together.</p>	<p>23 Plan Ahead Make sure your child has a convenient time and place to exercise.</p>	<p>24 Safe Spaces Make sure your child’s equipment and where they play is safe. Also make sure they have a comfortable and safe space to relax and reflect on the day.</p>	<p>25 Dance Across TN Join TN Dance Party!</p> 	<p>26 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>27 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>28 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>29 Provide Active Toys Young children especially need easy access to balls, jump ropes, and other age appropriate active toys.</p>	<p>30 Set Limits Limit screen time, including time spent on TV, videos, computers, and video games, each day. Use free time for more physical activity.</p>	<p>31 Funny Face Plates Choose whole food ingredients and children can experiment with an assortment of veggies, fruits, nuts and seeds to create funny faces with food before they get to enjoy the balanced meal.</p>		