



# Child Health Month Activities!

How many activities can you complete in 31 days?

#CHM2022TN

OCTOBER 2022

| Sunday   | Monday  | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  |
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|  |   |  |  |  |   | <p><b>1</b></p> <p><u>Try Yoga Poses</u><br/>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><b>2</b></p> <p><u>Eat a Rainbow</u><br/>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><b>3</b></p> <p><u>Lunch and Learn!</u><br/>Join us by clicking <a href="#">here</a> at 12pm-1pm (CST) to learn about fun ways to add physical activity to your day!</p> | <p><b>4</b></p> <p><u>Play Throw and Catch</u><br/>There are endless ways to play with balls both indoors and outdoors. Get some fun balloon balls that bounce and stretch. Throw the balls up and try to keep them off the ground. Or you can just play ball catch.</p> | <p><b>5</b></p> <p><u>Lunch and Learn!</u><br/>Join us by clicking <a href="#">here</a> at 12pm-1pm (CST) to learn about youth mental health and understanding mental illness.</p> | <p><b>6</b></p> <p><u>What's Your Favorite Color?</u><br/>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><b>7</b></p> <p><u>Practice Mindful Breathing</u><br/>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><b>8</b></p> <p><u>Journal</u><br/>Encourage your children to write 3 good things they have achieved.</p>  |

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| <p style="text-align: right;">9</p> <p><b><u>Goal Setting</u></b><br/>         Sit down together and help your children set some goals that they would like to achieve.</p>  | <p style="text-align: right;">10</p> <p><b><u>Lunch and Learn!</u></b><br/>         Join us by clicking <a href="#">here</a> at 12pm-1pm (CST) to make sure your child's immunizations and well checks are up to date!</p>   | <p style="text-align: right;">11</p> <p><b><u>Sharing is Caring</u></b><br/>         Have your children think about what matters to them and encourage them to share why those things matter.</p>   | <p style="text-align: right;">12</p> <p><b><u>Lunch and Learn!</u></b><br/>         Join us by clicking <a href="#">here</a> at 1pm-2pm (CST) to learn more about tobacco prevention and education!</p>   | <p style="text-align: right;">13</p> <p><b><u>Drink More Water</u></b><br/>         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 style="text-align: right;">14</p> <p><b><u>Eat Healthier</u></b><br/>         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 style="text-align: right;">15</p> <p><b><u>Show Gratitude</u></b><br/>         Help your children show their gratitude to people who are helping to make the world a better place.</p>                                |
| <p style="text-align: right;">16</p> <p><b><u>Grow Your Own Food</u></b><br/>         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 style="text-align: right;">17</p> <p><b><u>Play Hide and Seek</u></b><br/>         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 style="text-align: right;">18</p> <p><b><u>Eat Your Veggies</u></b><br/>         Wash fruits and vegetables under cold running water. Get children involved by letting them help wash and prepare the food.</p>  | <p style="text-align: right;">19</p> <p><b><u>Lunch and Learn!</u></b><br/>         Join us by clicking <a href="#">here</a> at 12pm-1pm (CST) to learn more about keeping your child healthy through healthy eating and physical activity!</p> | <p style="text-align: right;">20</p> <p><b><u>Play Simon/Simone Says</u></b><br/>         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 style="text-align: right;">21</p> <p><b><u>Five-Finger Starfish Meditation</u></b><br/>         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 style="text-align: right;">22</p> <p><b><u>Animal Walk</u></b><br/>         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 style="text-align: right;">23</p> <p><b><u>Don't Smoke Around Children</u></b><br/>         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 style="text-align: right;">24</p> <p><b><u>Funny Face Plates</u></b><br/>         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 style="text-align: right;">25</p> <p><b><u>Blowing Bubbles</u></b><br/>         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> | <p style="text-align: right;">26</p> <p><b><u>Lunch and Learn!</u></b><br/>         Join us by clicking <a href="#">here</a> at 12pm-1pm (CST) to learn about ways to prevent childhood injuries!</p>   | <p style="text-align: right;">27</p> <p><b><u>Dangers of Vaping</u></b><br/>         Talk with children early and often about vaping. These conversations can protect children from many of the high-risk behaviors associated with e-cigarettes and other tobacco products.</p>                        | <p style="text-align: right;">28</p> <p><b><u>Dance Across TN</u></b><br/>         Dancing is a fun physical activity to do indoors or outdoors! Visit the <a href="#">Healthy Kids and Teens website</a> for information to join us for a virtual LIVE line dance party at 11AM CST, 12PM EST!</p>     | <p style="text-align: right;">29</p> <p><b><u>Mindful Walk</u></b><br/>         Go on a mindful walk with friends and family and use your five senses to interact with the world around you.</p>                         |

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| <p style="text-align: right;"><b>30</b></p> <p style="text-align: center;"><b><u>Enjoy the Great Outdoors</u></b></p> <p>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 style="text-align: right;"><b>31</b></p> <p style="text-align: center;"><b><u>Role Play Skills</u></b></p> <p>Teach your child skills to resist pressures to use tobacco products such as e-cigarettes/vapes, chewing tobacco, etc. Children in middle or high school are likely to be in social situations where they are offered an opportunity to try vaping.</p> |  |  |  |  |  |
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