

The HEALTH PLAYBOOK

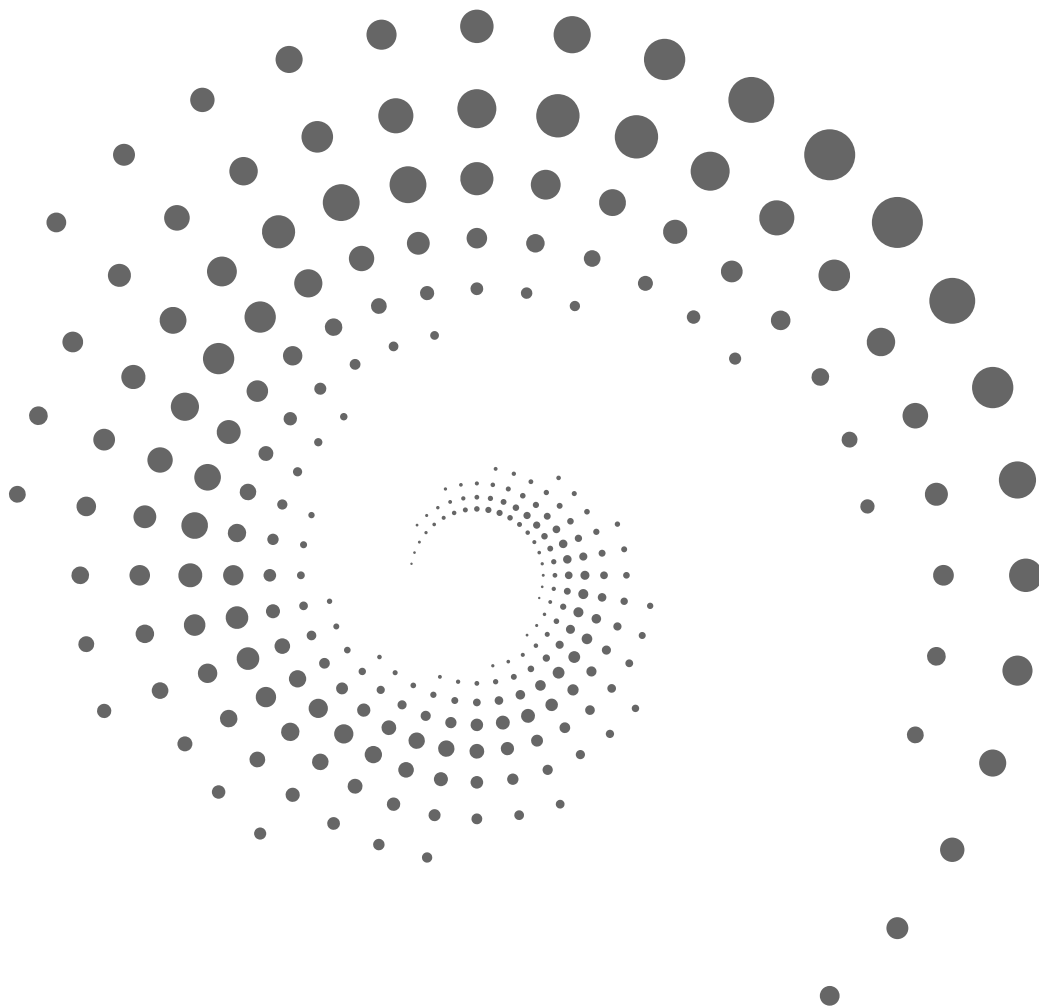
Using The 5 Keys To Wellness



written by Kelly Mather

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The Health Playbook Using the Five Keys to Wellness

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Thank you to my family. My husband Rick is always there for me and supports my mission despite the uncertainty and quietly brings me back to reality when my idealism is unbalanced. Thanks to Kacey for making me smile, showing how self love affects everything thing you do and for always reminding me when I am not walking my talk. Thanks to Julie Ann (Boo Boo) for usually living the 5 keys and showing the importance of how happiness and success depends on our ability to breathe and moderate stress. Thanks to Scotty for demonstrating how easy and important it is to live well or feel unhealthy by making more positive choices that add to your health than choices that subtract from it.

I have found this book to be extra special because it makes teaching and living well simple and clear. Every time we teach a new group of 6th graders, I am amazed at the effectiveness of this workbook. In fact, I have started using it with the adult wellness classes more often because it is such a great tool and it seems to motivate and inspire wellness teachers. I believe this book is extraordinary because of Kathy Wolden’s amazing talent in design and her artistry. She has brought these teachings and my words to life!



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CHAPTER 1

CREATE YOUR HEALTH

Congratulations! You are creating your health by designing your own health playbook and learning how to win at the health game. As a sixth grader, you are at a very important age and time in your life. This is the time when you start to choose “**health plays**” that become habits for life. Health plays are the thoughts you have and the actions you take which create your health. This health playbook will help you live well for life.

What is a playbook? *A playbook is a notebook with a description of the best plays and strategies for team players to learn to play a better game.* In this case, the game is health and it has one goal: be the healthiest you can be! You already play this game every day, but this playbook will help you learn the best plays to win the health game.

Let’s start with finding out more about how to win. **What does it mean to be healthiest you can be?** *It means that you are healthy, you feel good and you have energy.* How would you answer those three basic questions:

GENERAL HEALTH SCOREBOARD

circle your answers

Are you healthy?	YES	SORT OF	NOT REALLY
Does your body feel good?	YES	SORT OF	NOT REALLY
Do you have lots of energy?	YES	SORT OF	NOT REALLY
SCORE	WINNING	TIED	LOSING

The answers tell you if you are making good **health plays** and if you are winning or losing the **health game right now**. It’s really simple. The first question asked you: Are you Healthy? That is a BIG question. You may have answered “yes.” But, do you really know what “being healthy” means? We can learn how to answer that question and play the game of health using a wellness wheel. Each day, you create your wellness wheel with your thoughts and actions. The stronger and more balanced your wheel, the easier it is to win the game. People don’t always have a good wheel in the beginning. Just be honest with your answers to the following questions and create your wheel.

EXERCISE 1: WELLNESS WHEEL QUESTIONNAIRE

General Health

1. I usually feel good.
2. My body moves with ease.
3. I have little pain.
4. I sleep well and I don't wake up tired.
5. I have energy throughout the day.

Self Love

1. I like myself.
2. I like my body.
3. I think happy thoughts most of the time.
4. I say nice things and don't talk bad about others.
5. I don't dwell on what others think.

Breathing

1. I know how deep to breathe and practice it.
2. I notice when I am stressed and can relax quickly.
3. I take time to relax and breathe often.
4. I am truthful about my feelings.
5. I spend time outside breathing in nature daily.

Positive Choices

1. I eat at least two vegetables & two fruits every day.
2. I drink a lot of water and drink little caffeine or sugary drinks.
3. I watch TV or sit in front of screens less than two hours a day.
4. I choose friends who like me just the way I am.
5. I feel good in my home and with my family.

Balance

1. I know what I enjoy and do it often.
2. I don't overdo.
3. I do excellent work.
4. I try new things often.
5. I play every day.

Trust

1. I believe good things usually happen.
2. I don't over-react often.
3. I am grateful or thankful for most everthing.
4. I am kind and find kindness is returned back to me.
5. I go with the flow and learn from my mistakes.

No Never	Sometimes	Usually	Yes, Always
1	2	3	4

TOTAL ____/5= ____

TOTAL ____/5= ____

TOTAL ____/5= ____

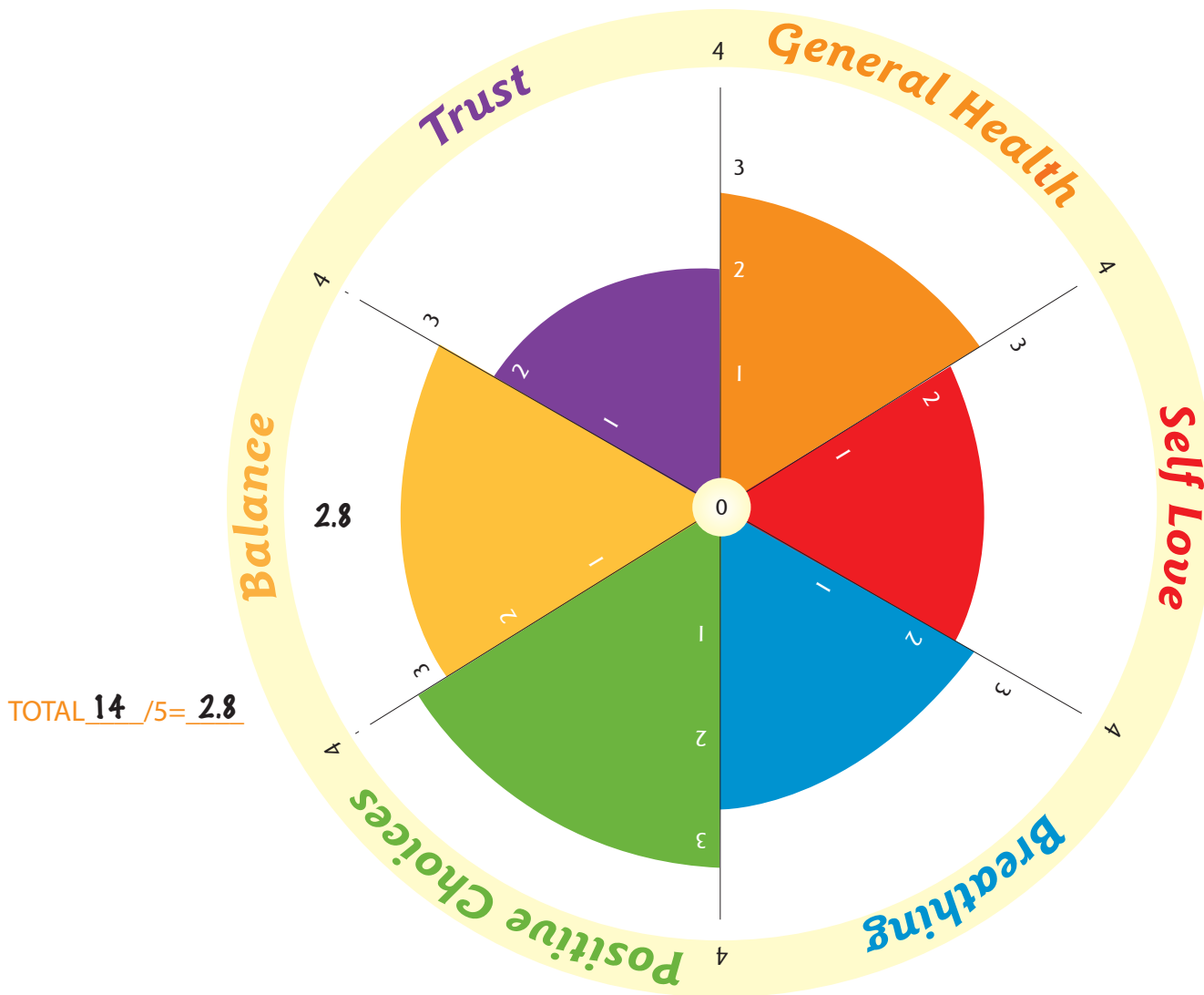
TOTAL ____/5= ____

TOTAL ____/5= ____

TOTAL ____/5= ____

You create the wellness wheel by entering a pie slice in each section based on your score from each section of the wellness wheel questionnaire:

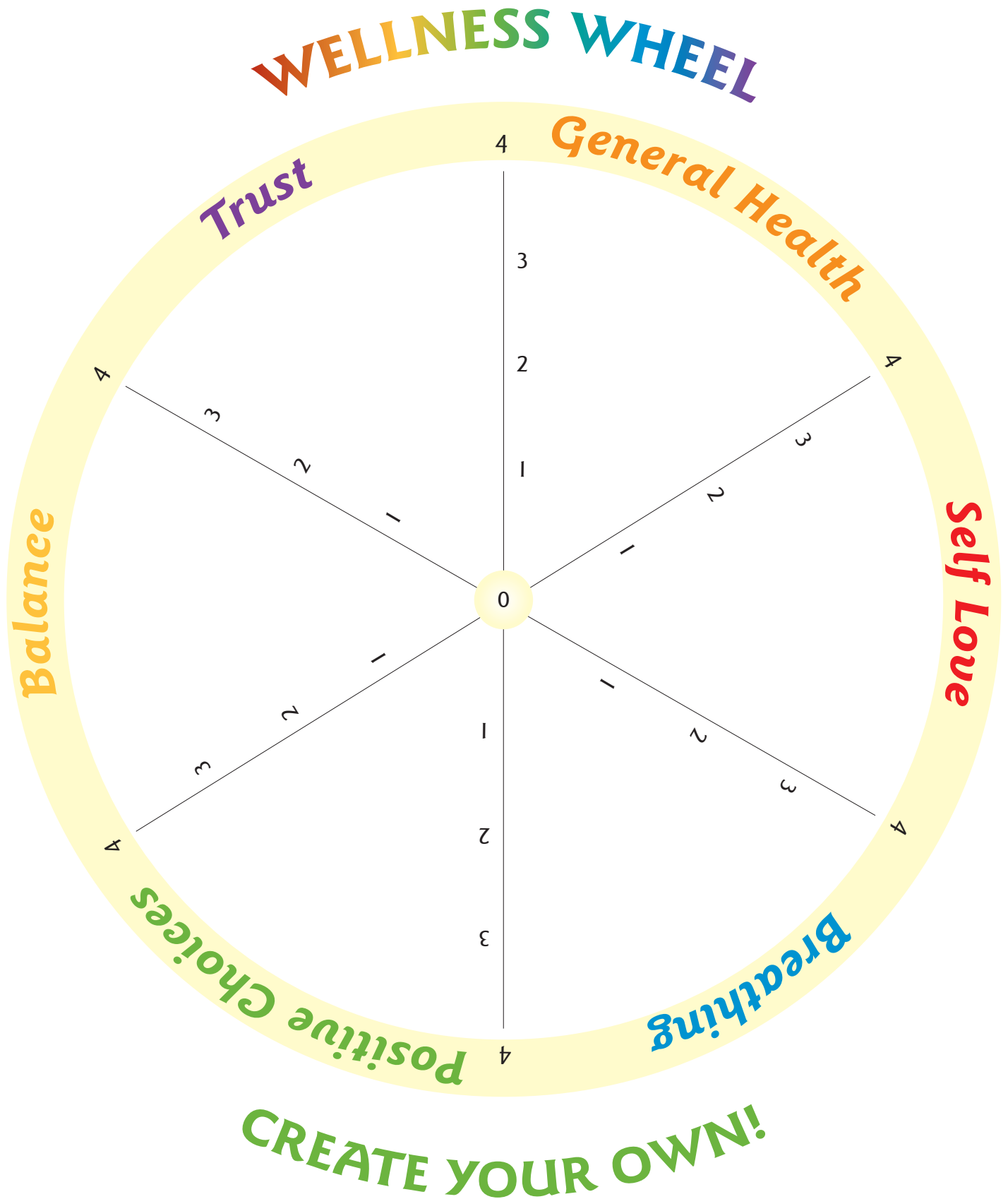
WELLNESS WHEEL



EXAMPLE

15/5=3	15/5=3
20/5=4	14/5=2.8
19/5=3.8	13/5=2.6
18/5=3.6	12/5=2.6
17/5=3.4	11/5=2.2
16/5=3.2	10/5=2

You will create a picture of your wheel on this first week and also then another wheel at the sixth week after you've learned more about health plays that improve your health.



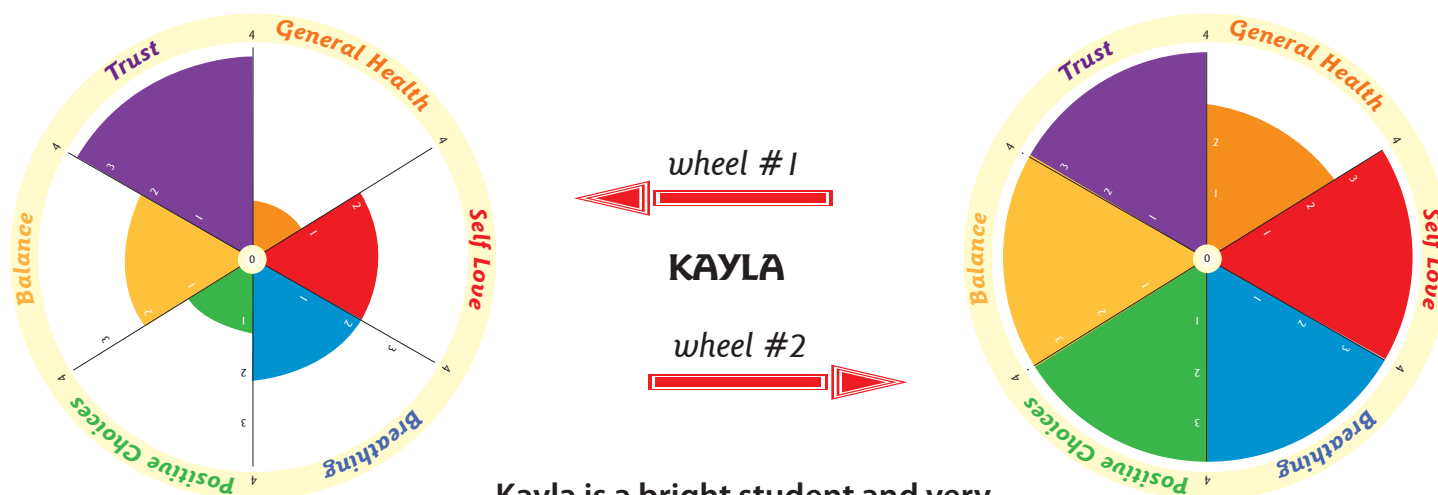
Here are a few examples of wheels created by other sixth graders just like you.



JACKSON

Jackson was making some great health plays from the beginning.

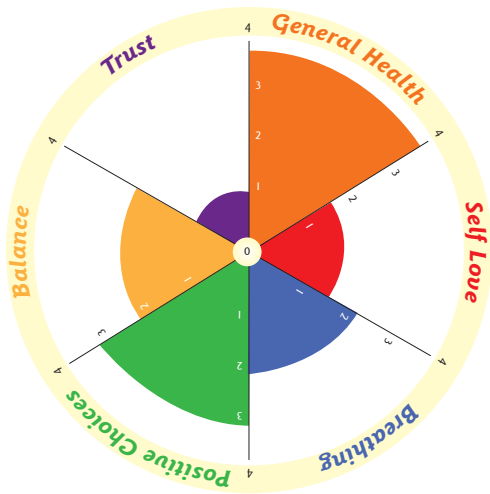
He is a good athlete and he is involved in many things he enjoys. His parents have been very loving and supportive. However, he doesn't seem to understand how important breathing is in creating health. He can also work on making more positive choices. As he created his health playbook, he learned how to breathe and how important breathing is to his health. He already knew that he should eat better, drink more water and that he watched too much TV. But, this wheel was a good reminder for him to make more positive choices. **By the time he finished this playbook, his wheel was wobbly, but it rolled.**



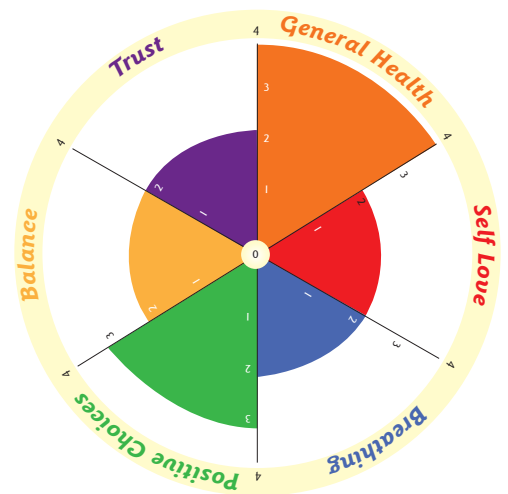
KAYLA

Kayla is a bright student and very beautiful. She has a lot of friends

and really enjoys school. But, she thinks she is overweight. Her parents both work late and she is often alone with her younger brother. She isn't able to join in the typical activities like her friends that would get her moving. She is often either on the computer or reading and she doesn't go outside much. Before she learned about her health, she didn't know how to enjoy her life outside of school and the importance of her thoughts. As you can see from her first wheel, she found she can make a lot better health plays. She figured out that her general health was low because she is not balancing her life, not making very many healthy choices and didn't love and accept herself. Being a great student and wanting to feel good, Kayla practiced and used all five keys to wellness exercises. **Her second wheel almost rolled perfectly!**



wheel #1
 ←
CODY
 →
 wheel #2



Cody is the class clown and loves being the center of attention.

He has trouble making friends because he is always goofing around and making fun of people. He thought this playbook was stupid and the only reason he did it was because the teacher promised he could have fifteen minutes to goof off when it was over. Cody didn't want to answer the questions honestly, but he knew that if his answers were low, he would get more attention and it would bother his parents. Cody has wonderful parents and a great family who loves the outdoors and he doesn't even have a television in the house. His parents are health fanatics and he is tired of hearing about health. As you can see, much to his delight, Cody's first wheel was all over the place. But his second wheel changed a little and he actually admitted that he learned something. He increased his self love and trust and magically started making more friends. **As you can see, his second wheel became more balanced and stronger.**



Now, for the **first HEALTH PLAY:** What two things can you do to get your wheel closer to rolling by the end of six weeks? _____

Are you willing to try to add those things?

YES

NO

The second question that answers whether or not you are winning the health game is “Does your body feel good?” Instead of answering this question with your mind, it is important to check in with your body because it is always sending you messages about your health.

EXERCISE 2: Body Scan

Stand up.

Relax your knees and your shoulders.

Stretch a little and then settle into a comfortable standing position.

Now, starting at your feet how do you feet feel? Next, how do your shins feel? How do your knees feel? How do your thighs feel?

Reach down and touch your toes.

Now how do you legs feel?

Stand up and move your hips around in circles and then stretch each side of your body.

How do your hips feel? How do the sides of your body feel? How does your back feel?

Roll your shoulders back a few times.

Now how does your back feel?

Can you stand up straight with your shoulders back?

How does your chest feel? How do your hands feel?

How do your arms feel?

Stretch out your arms.

Now roll your head in circles, both ways.

How does your neck feel? How does your face feel? How does your head feel?



Your body is sending you messages about your health. Does your entire body feel good? If not, which parts of your body didn't feel very good?

It is very common to have a few areas of the body that may need to be stretched, moved or strengthened.

HEALTH TEAM DAILY PRACTICE #1

The only way to win a game is to consistently practice for the game. The great news is that this practice makes you feel better. All you have to do to feel better is **stretch, move and build strength.**

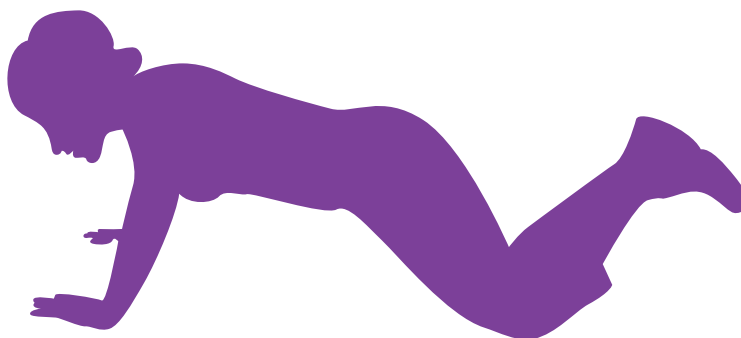
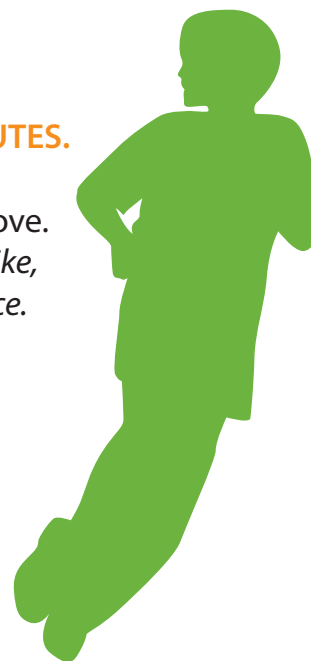


START WITH STRETCHING.

Stretch every part of your body until it feels a little better.

Then, **MOVE YOUR BODY FOR 30 MINUTES.**

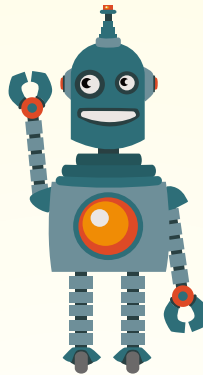
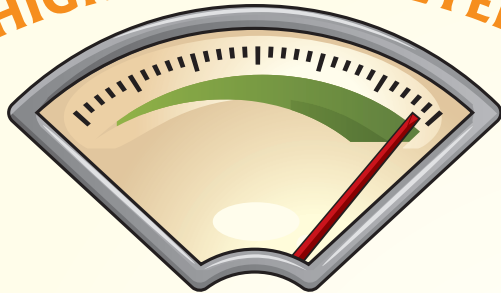
There are many ways to move.
*For example, you can walk, ride a bike,
jumprope, swim, dance.*



Finally,
STRENGTHEN YOUR BODY BY DOING SOME MUSCLE BUILDERS
such as push ups, squats, or crunches.

Now that your body is feeling good, let's review the third question on the health scoreboard. Do you have lots of energy? Your energy levels change all the time. It is important to create a habit of checking energy. We use an energy meter to check in...

HIGH ENERGY METER

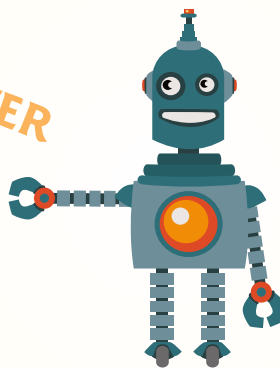
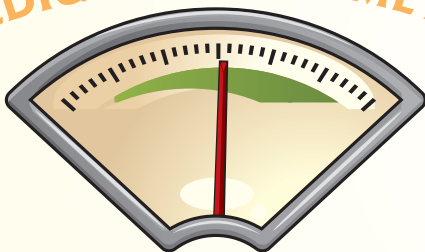


I am at my peak level of learning and creating right now!

HIGH ENERGY & FOCUS

YES! I am ready to go full steam ahead. My Energy is strong and focused on the task at hand.

MEDIUM ENERGY METER

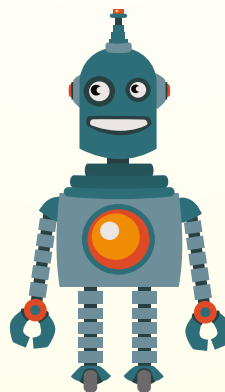


I am doing fine right now, but soon I will need to have an energy boost.

MEDIUM ENERGY & FOCUS

OKAY, I am ready with medium energy and willing to go forward with the task at hand.

LOW ENERGY METER



I need food, exercise, rest, or breathing to feel energized.

LOW ENERGY & FOCUS

Uh oh. I'm feeling a bit sluggish and I'm not sure I'm up for what's ahead.

We all have times of low energy. But, we don't always notice it and take action. There are many reasons why people your age find that their body doesn't feel that good and/or that they often have low energy. It is usually because they are sitting or resting too long, staying inside too often, skipping meals or eating unhealthy food. Once you realize your energy meter is low, you just take action.

EXERCISE 3: Low Energy Meters

Example: Juliette just started sixth grade and now has to be at the bus stop thirty minutes earlier than last year. She decided to skip breakfast each day because it took too long. She would rather sleep in and then rush out the door. She notices that she isn't doing as well in school and just doesn't feel as good as she did last year. Can you tell her why her energy meter is low and what she can do to increase it?

Example: Dylan is smart, hardworking and fun. But, he doesn't really like to be around a lot of people. His favorite things to do are to play video games and watch television because he can do them by himself. Sometimes he plays video games for three hours straight and doesn't go outside or talk to anyone all day. He has been really tired lately. Can you tell him why his energy meter is low and what he can do to increase it?

Example: Brooke just turned eleven years old and grew so much this past year that she is the tallest girl in her class. She feels awkward and her body doesn't work like it used to when she was smaller. Because she feels different and her body has changed so much, she has stopped participating in her favorite activities like karate, dance and gymnastics. She doesn't feel like doing anything and is tired quite often. Can you tell her why her energy meter is low and what she can do to increase it?

You knew what to tell them to do, right? So, you can give advice to other people about how to improve their health. Do you have an example of something you do that may make you feel tired or makes your energy meter low?



Now, for your **second HEALTH PLAY:** Give yourself some advice about how you can feel good and feel energetic most of the time:

Will you follow your own advice?

YES

NO

WHAT CREATES YOUR HEALTH? By creating a wellness wheel, listening to your body and understanding energy levels, you know how to win the health game. But, your health is a little more complicated than that. Your health is created by many things. Let's see what **YOU** think creates your health.

EXERCISE 4: What do you think Creates Your Health?

Circle the answers that affect your health.

What you think about

The type of food you eat

Your attitude

What you talk about

The amount of food you eat

What you say about yourself

How much television you watch

What type of games you play

What you do each day

What you say about others

How kind you are to others

How truthful you are

If you are mad at someone for a long time

If you rest

How often you smile

How flexible your body is

If you feel stressed a lot

If you feel bad about something you did

If people can trust you

If you worry a lot

If you are thankful

What music you listen to

If you are trying to be cool and better

The amount of exercise you get each day

How you react when you don't get what you want

Your parents

Your friends

How much water you drink

How much sleep you get

How much time you spend outside

How you breathe

How often you try new things

What you do for others

How you handle bad news

If you learn from your mistakes

If you dwell on what others think

How much you play

If you overdo it

How long you sit each day

If you feel scared often

If you trust people

If you can relax and forget your worries

If you judge others

How well you listen and don't interrupt

If you accept people the way they are

If you constantly need more stuff

Did you circle all of those answers? *If you did, you already know more about how you create your health than most people.*

As we have learned, there are a lot of things to know about the health game. We have simplified the game using keys to wellness, health plays and daily health practices.

WHAT DID YOU LEARN?

You first learned that you are playing the game of health and at each moment you are either winning or losing this game. There are three basic health questions that you should ask yourself every day.

Am I healthy? • Does my body feel good? • Do I have lots of energy?

You created your wellness wheel to see how well you are living and hopefully realized how easy it is to be the healthiest you can be. You began practicing health plays such as using a body scan and/or the energy meter to check your health at any moment. Finally, you learned that YOU create your health and that there are many things that affect your health. When you realize all that affects your health and understand the health game – you are already on your way to winning.

CHAPTER 2



The First Key To Health And Wellness Is **SELF LOVE**

Your thoughts and actions create your health. What creates your thoughts and actions? Your mind! Yes, your mind creates the thoughts that have a big effect on your health. That is why the first key to wellness focuses on your mind. In order to be the healthiest you can be you need to....

THINK POSITIVE!

What does that mean? How do you know if you are thinking positive? A positive person is usually happy and thinks happy thoughts. They like themselves, they like their body, they say nice things about others, they are kind and they wake up excited about their day. Being a positive person is not always easy and if your family and friends aren't happy, you may struggle with this a little bit more. But, your mind is a major player in the health game and you can train your mind to think more positive. The best way to start is by practicing these exercises.

EXERCISE 5: Happy Thoughts

One way to think positive is by remembering something from your past that made you happy and thinking about it again. Can you write down a happy memory?

Can you also answer the question: What makes you happy?

SOME EXAMPLES OF THINGS THAT MADE OTHER SIXTH GRADERS HAPPY: A great day in the park • Doing well on a test • Enjoying a sport or activity • A boat-ride • Playing music • Swimming and laying by the pool • Hanging out with your friends • Enjoying a car ride with family • Watching a funny movie • Reading a great book • Fishing • Playing on the trampoline • Dancing around • Taking a bath • Getting paid for doing work • Drawing and sketching pictures • When someone said something nice • Giving a gift • Playing with a pet • Seeing a rainbow • Being student of the month • Being chosen to lead • Seeing a cousin • The beach • Holding a baby • Making up dances • Gymnastics • Ice skating . **The list goes on and on and on and on. There are so many things that make us happy!**



EXERCISE 6: Smile!

Another way to think positive is to just start smiling.

Smile and count to 30. Keep smiling bigger and bigger and bigger as you count to 30. *How do you feel?*

Are you still smiling? Did you feel happy? What were you thinking?

EXERCISE 7: The Power of Positive Words.

Another way to think positive is to say something nice to someone else. Go ahead. Say something nice to someone. *What did you say?*

How did that make you feel? You had to THINK about something positive to say something positive and so you had happy thoughts. You just improved your health by saying something nice! Wasn't that easy?

EXERCISE 8: Thoughts of Kindness.

Another way to think positive is to do something nice for someone. *What nice thing can you do for someone?*

Even as you are thinking about what nice things you can do for another person, you start to feel the kindness grow inside of you. As you focus your thoughts on kindness, you are being positive. If the thought of doing something nice for someone makes you feel good, imagine what would happen if you had the memory of actually doing something nice for someone!

FIIPPING THOUGHTS

Your imagination comes from your mind and your mind changes with ease. So, if you are having a negative thought, you just change your mind and start using your imagination to think about something positive or just empty it out all together.



EXAMPLES OF POSITIVE THOUGHTS: I am kind, I am a good listener, I don't talk bad about people, I am thankful for my parents, I am special and make people feel special, I use my singing talent to make people smile, I am a fun person, I am proud of myself, I am a good friend, I always do my best, I give people hugs, I don't give up, I don't miss practice, I participate in class, I play well with others, I make people laugh, I am friends with many people and don't leave people out, I am a good team player, I help people when they are sad.



EXERCISE 9: The Power of Your Imagination

There is one last suggestion to think positive.
Use your imagination!

- Sit still and close your eyes.
- Imagine yourself in a place that you love.
- Imagine how it smells, how it looks, what sounds you hear, how your body feels.

Try to empty your mind

of anything that doesn't make you feel good.

Each of these exercises created happy thoughts. As you can see, your mind is usually the team captain of your health game. As you think positive, your body feels good. Together these positive thoughts and good feelings create love. **It isn't by chance that the first key to wellness is self love.**



Now, for your **third HEALTH PLAY**: Answer this question EVERY DAY and start today by writing down the answer to: What do I like or love about myself? List at least 5 things to get you started.

1. _____
2. _____
3. _____
4. _____
5. _____

SOME EXAMPLES OF THINGS THAT OTHER SIXTH GRADERS SAID THEY LIKED ABOUT THEMSELVES THAT ACTUALLY MADE THEM FEEL SELF LOVE: *I am kind • I am a good listener • I don't talk bad about people • I am thankful for my parents • I am special and make people feel special • I use my singing talent to make people smile • I am a fun person • I am proud of myself • I am a good friend • I always do my best • I give people hugs • I don't give up • I don't miss practice • I participate in class • I play well with others • I make people laugh • I am friends with many people and don't leave people out • I am a good team player • I help people when they are sad.*



Let's add the **fourth HEALTH PLAY** before we end this lesson. Choose a person in your life. This week tell them what you like about them and then ask them to tell you what they like about you. _____

WHAT DID YOU LEARN?

You have completed the second lesson. You learned that your mind is important to your health. You learned how to have happy thoughts and you learned that happy thoughts usually make you smile and you feel good. You learned that thinking positive leads to feelings of self love. You learned that you can replace negative thoughts easily and focusing on what you like about yourself is better for your health. Because the more you have that feeling of self love, the healthier you will be. Self love takes practice and these new health plays will help you win the health game.



CHAPTER 3

The Second Key To Health And Wellness Is BREATHING

Now that you know what creates your health and how to think positive, your mind has become a strong member of your health team. But, you have two members on your team. Your mind and body. Your body becomes a strong team member by...

GOOD BREATHING!

Everyone breathes, but we are going to learn how to be a good breather. You will also learn how the better you breathe, the better you are at the game of health. When you are deep breathing your mind and body start to work as a team. Your breathing is directly connected to your feelings and as you deep breathe, unhealthy feelings are replaced by healthier feelings. This is similar to how you simply changed your mind from thinking negative to thinking positive. In this case, you release the old feelings by replacing them with new feelings.

EXERCISE 10: Identify Your Feelings

Imagine yourself in a comfortable and cozy place with plants, pillows, soothing music and a beautiful view of nature. Name some of the feelings you had...

Now imagine being uncomfortable and in a place that is cold, ugly and has a view of only four walls. Name some of the feelings you had...

Which type of feelings do you think can help to keep your body healthy? You probably guessed the feelings that you have when you are comfortable and seeing nature. **Why?** Because when you are uncomfortable and in an ugly situation, you are usually feeling anxious, nervous, and scared and your body responds. Your breathing, heartbeat, blood pressure, and muscle tension all change for the worst and you experience stress.

What is stress?

Stress is a common word people use to describe an uncomfortable feeling of pressure inside them. It includes feeling scared, anxious, nervous, and tense. Your brain signals your body that there is something to avoid, such as a snake in your path, and your body gets tight and ready to run or fight. We call this the “fight or flight response.”

But your brain can also signal this response when you are doing things such as taking a test in school or speaking in front of class. When you are afraid of what might happen or you feel unhealthy feelings, your body responds. Your body gets a burst of energy through chemicals released throughout your body and this is what “stress” feels like.

What happens inside **YOU** when you are **STRESSED?**

Head: Chemicals tell your blood vessels to get small which can lead to headaches. Your brain is focused on what you fear and it will be hard to concentrate on other things.

Muscles: Tense up to get ready to run.

Mouth: Can get dry as the fluids rush to other parts of your body to help you live.

Heart & Breath: Goes faster as the blood gets moved quickly to the parts of your body that will need it when you are in danger.

Belly: Can feel sick as hormones speed up your digestion.

Hands & Feet: Can feel cold as the blood moves to your organs.

Everyone experiences stress at times. Now, what can you do about it? It is not healthy to ignore these feelings or pretend you don't have them. But, you can get back to a healthy state by replacing the stressful feeling with healthy feelings. The way to relieve stress and feel healthier is to...



It is impossible to be stressed while you are deep breathing. The problem is, most of us are “chest breathers” and we need to be “belly breathers” to reduce the stress. We also don't take the time to belly breathe long enough to relieve the stress and create good breathing habits.



Just by breathing from your belly you can:

- Slow your heart rate down • Improve the circulation of your blood
- Increase the oxygen to all the parts of your body • Relax your muscles
- Improve the way your body fights off diseases

It's time to practice deep breathing and not just talk about it! You may be surprised by the fact that most people don't know how to deep breathe and need a lot of practice.

HEALTH TEAM DAILY PRACTICE #2

Practice Belly Breathing

- Sit or stand in a relaxed, upright posture.
- Place one hand on your chest and one hand on your belly.
- Breathe in through your nose, filling your belly like a balloon so that your bottom hand rises and your top hand stays still.
- Hold it for 5 seconds and then blow it out, wait 5 seconds and then fill up the belly again.
- Exhale through your mouth slowly, easily, and quietly.
- Take 10 of these deep breaths and notice how relaxed you feel with each new breath.



Practice Other Breathing Techniques for Good Health

Try the **“Vowel Breath”** for better focus. Breathe in and then say the **letter A** loudly as you exhale the breath. Next breathe in and say the **letter E** loudly for the entire exhale. Repeat that process with the **letters I, O and U**.

Try the **“Nostril Breath”** for a clearer head and mind. Close one nostril by placing your finger on it and only breathe through one nostril deeply three times. Then place the finger on the other nostril and breath through it deeply three times. Then place the finger over one nostril and breathe in two times and do the same on the other nostril. Finally, use your finger to close a nostril, breathe only one full breathe and then close the other nostril. Repeat this until you feel your head clearing.

Try guided imagery using the **“Rainbow Breath”** to feel good all over. Close your eyes and imagine a **rainbow** in front of you. Now breathe in just the color **red** from that rainbow. Picture it entering through your nose and filling your entire body like soft sand so that you feel relaxed and you feel the ground under you. Your entire body is relaxed. Next breathe in the color **orange** and picture it filling your body with tingles and energy. Your legs have energy, your spine tingles and even your brain tingles. Next, breathe in the color **yellow** and as it enters your body you feel warm and your muscles start to feel strong. Your legs are strong, your arms are strong and your shoulders are down. Next, breathe in the color **green** and picture swirling wind sweeping through your body and the green takes away any pain or sad feelings as it swirls around. You let it all go. Next, breathe in the color **blue**. The cool blue color refreshes your body and you imagine the insides of you getting a clean, fresh bath. You feel refreshed all over. Finally, breathe in the color **purple** and feel purple clouds filling up your body. As they do, you can float anywhere you want to in your imagination. Float for as long as you like and then when you are done, slide back down the rainbow and feel your entire body. Wiggle your toes, your fingers and rock side to side. You will likely feel good all over.

There are many situations in life when belly breathing can help you DE-STRESS. It can help you deal with uncomfortable feelings such as anger, frustration, fear, anxiety, and impatience. Everyone has these feelings. To be healthy, we need to find positive ways to handle them.

The Science behind the breathing...After several minutes of breathing exercises your brain begins to move into a more focused and relaxed state. Brain researchers call this state the “Alpha state”. This Alpha state is where your body and mind work best as a team. You know you are in the alpha state when you feel calm and ready. Your muscles are relaxed and your heart is not beating fast. Medical experts recommend we practice getting into this alpha or “healthy state” as often as possible.



Many of the activities you participate in affect your breathing. Your **fifth HEALTH PLAY** is to try a few of these activities and notice how you breathe.

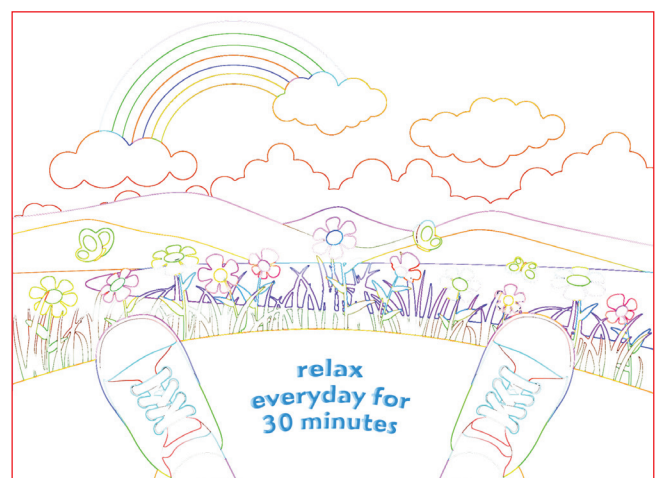
- 😊 Watch a movie that makes you laugh
- 😊 Write a poem or song lyric
- 😊 Watch the sunset
- 😊 Listen to music that calms you
- 😊 Listen to music that makes you dance
- 😊 Spend time with family
- 😊 Savor a healthy snack
- 😊 Write down your hopes about the future
- 😊 Play with a pet
- 😊 Enjoy a nature walk
- 😊 Create art
- 😊 Star gaze
- 😊 Talk to a trusted friend
- 😊 Smile at a stranger
- 😊 Daydream
- 😊 Read a good book
- 😊 Write in a journal
- 😊 Play ball
- 😊 Ride a horse
- 😊 Ride a bike
- 😊 Build something
- 😊 Sing in the shower
- 😊 Swim
- 😊 Play a game

These activities have been proven to help you feel good or feel better. Even if someone is feeling stressed or upset when they started, these activities typically help people feel more calm and relaxed. After people start, they soon realize that they have breathed themselves into a health state again.



Your **sixth HEALTH PLAY** is to Go Outside for at least thirty minutes every day. Even if you forget to actively practice good breathing, going out into nature automatically triggers your body to start to improve breathing.

Simply by going outside you get into a healthy state faster than if you are inside all of the time. If you can't go outside, you can use your imagination. Picture your favorite place & draw it.





WHAT DID YOU LEARN?

You have completed the third lesson. As you breathe deeply and often, you will remain in a healthier state. You will notice your mind and body work better as a team when you are breathing. You can make this a habit and practice the health plays to keep reminding you to breathe and enjoy life and all of its beauty.



CHAPTER 4

The Third Key To Health And Wellness Is POSITIVE CHOICES

You now know how your mind and body can work as a team to get you to your naturally healthy state. But knowing about health, thinking positive and deep breathing won't get you very far in the game if you are making choices that subtract from your health. What is a choice? A choice is when you decide or prefer something or when you select from the available options. So, how does what you choose affect your health and energy?

CHOICE HAS A DIRECT IMPACT.

If you chose to get a good night's sleep, ate fruits or vegetables and said nice things about others today, your choices helped your health. If you stayed up watching TV, skipped breakfast, ate junk food and even talked bad about another person your choices are hurting your health. You are naturally healthy and every choice you make adds or subtracts your health.

EXERCISE 12: Knowing What Adds and Subtracts

Here is a list of choices that sixth graders make every day. Place the letter under the categories of whether or not it adds (+) or subtracts (-) from your health.

- | | |
|--------------------------------------|--------------------------------|
| a. Eating vegetables with lunch | h. Flossing teeth |
| b. Drinking soda | i. Coming prepared to school |
| c. Talking to someone who is alone | J. Smiling |
| d. Laughing at or about someone | k. Worrying about how you look |
| e. Giving up on doing work at school | l. Eating breakfast |
| f. Watching television for hours | m. Spending time outside |
| g. Giving a compliment to someone | n. Complaining |

Choices that help or Add to health

+

Choices that hurt or Subtract from health

-

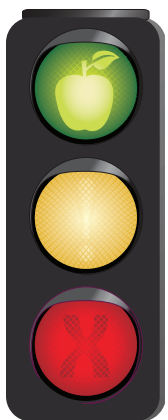
Do you know anyone who chooses a lot of the things that subtract from their health? Can you think of other activities that you do or other people do that subtract from their health? Can you see how some people are healthier and winning the health game based on their daily choices? **The choices that add to your health are POSITIVE CHOICES.**

YOU REALLY DO CHOOSE

You are now at the age where YOU make a lot of your OWN choices. Yes, YOU choose your friends, YOU choose your hobbies, YOU often choose how you spend your time, YOU choose whether or not you do your best work and YOU choose how much food and drink you take into your body. That is a lot of responsibility! **The good news is that all you need are two health plays to remind you to choose wisely.**



The **seventh HEALTH PLAY** is to **EAT FOR ENERGY** by choosing five healthy foods and drinking plenty of water each day. To remember this, use the green light food system. It's very easy! You eat plenty of green light foods, you limit yellow light foods to 2 – 3 per day and avoid red light foods. Here is how you tell the difference:



GREEN LIGHT foods that have only healthy ingredients.



YELLOW LIGHT foods that have some healthy ingredients.



RED LIGHT foods that have no healthy ingredients.



What are healthy ingredients?

Fruits, vegetables, whole grains, beans, some meats and dairy.

Track what you eat for the next week:

Sunday _____

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

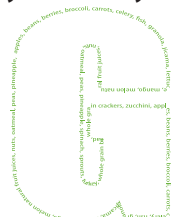
EXERCISE 13: Practice identifying foods by their light color by circling the light color for each food.

Blueberry Muffin	green	yellow	red
Hot Dog	green	yellow	red
Turkey on White Bread	green	yellow	red
Canned Chicken Noodle Soup	green	yellow	red
Macaroni & Cheese	green	yellow	red
Potato Chips	green	yellow	red
Cinnamon Apple Pie	green	yellow	red
Corn Bread	green	yellow	red
Popcorn w/Butter	green	yellow	red
Milkshake	green	yellow	red
Flavored Yogurt	green	yellow	red
Tacos	green	yellow	red

How many were light green foods? Answer: none

HEALTH TEAM DAILY PRACTICE #3

Try eating green light foods. The following green light foods are recommended by kids just like you. They are tasty and easy to find. *Circle the ones you like and try some of them if you haven't already.*



LIGHT FOODS

apples, beans, berries, broccoli, carrots, celery, fish, granola, jicama, lettuce, mango, melon, natural fruit juices, nuts, oatmeal, peas, pineapple, spinach, sprouts, turkey, whole grain bread, whole grain crackers, zucchini.

MAJOR LIFE CHOICES

Your choice of food and drink is very important. But, your other choices are just as important. You make a lot of choices during the day. Answer the questions about the common choices made by sixth graders just like you every day.

EXERCISE 14: What choices do you make?

- | | | |
|-------------------------------------------------------------------|-----|----|
| 1. Do you wake up in time to eat breakfast & not feel rushed? | yes | no |
| 2. Do you move and play during breaks at school? | yes | no |
| 3. Do you have a hobby that you enjoy and do often? | yes | no |
| 4. Do you turn off the television after an hour on your own? | yes | no |
| 5. Do you turn off the video games and computer after an hour? | yes | no |
| 6. Do you play outside for at least an hour a day? | yes | no |
| 7. Do you do your best on school work and home work? | yes | no |
| 8. Do you have friends that like you just the way you are? | yes | no |
| 9. Do you keep your room clean and help around the house? | yes | no |
| 10. Do you go to bed in time to get plenty of rest and feel good? | yes | no |

If you answered yes to most of these questions, then you are making a lot of POSITIVE CHOICES.

A healthy person chooses to spend more of their time outside, they move their body often and they participate in activities that bring them joy. To stay healthy, it is recommended to go to sleep and wake up around the same time each day and get plenty of rest. Look back at your answers on Exercise 14 to see if you could make some new choices and answer yes instead of no. You will make these major life choices for the rest of your life and many of these choices will need to be made every day. Don't rely on your parents or other people to help you make positive choices. You are old enough to CHOOSE to be healthy.



The **eighth HEALTH PLAY** will help you start making positive choices. Start to use the thumb test whenever you make a choice.

• Put your thumb in neutral (not up or down) and then think about the choice that you are making.

• If the choice would add (+) to your health, IT GETS A THUMBS UP.



• If it would subtract (-) from your health, IT GETS A THUMBS DOWN.



Use thumbs on each choice below:

For instance, if you were going to choose between playing video games or reading, which one would get a thumbs up?

If you were going to choose between going on the computer or playing outside, which would get a bigger thumbs up?

If you were going to choose to spend time with a friend who is nice, or one that complains all the time, which would get a bigger thumbs up?

WHAT DID YOU LEARN?

You have completed all of the lessons you need to get your wheel strong. You learned that you make a lot of choices and that those choices affect your health. You also learned how easy it is to remember to make positive choices by using the two health plays: the green light food system and the thumb test. You are naturally healthy and your energy and your body is a feedback system. It tells you if you are making positive choices. If you are high in energy and feel good, you are following the health plays. Remember this has to be done all day long.



CHAPTER 5

The Fourth Key To Health And Wellness Is BALANCE

Now your mind and body are working as a team and you are making choices that support your health. Your wheel is strong, but it may not roll very well. We need to make sure it is balanced.

That is why you can't OVER-DO!

What does that mean and why does balance make a difference in our health? Balance means that you try to do the right amount of everything each day. Basically each day you study, you play, you work and you rest and these activities need to be balanced. If you overdo any one of these too often, you subtract from your health.

As you get older you may start to find yourself overdoing one thing and not doing much of the others. Here is how you can tell the difference between each balance activity:

Play: *Anything that brings you joy or makes you smile.*

Study: *Something you learn or do that challenges you.*

Rest: *Something that refreshes and relaxes you without stress.*

Work: *Something that you do that serves others or a purpose or contributes to a goal.*



EXERCISE 15: Fill in the chart:

PLAY <i>What do you do that brings joy?</i>	STUDY <i>What new or challenging things do you do?</i>
REST <i>What activities relax you?</i>	WORK <i>What do you do to help or achieve a goal?</i>

Was that exercise a little hard? The best way to balance your wheel is to take a minute each day to check in. Ask yourself these questions: Did you do anything that made you smile? Then you played! Did you do anything that helped others? Did you help achieve or accomplish a goal? Then you worked! Did you learn or try anything new? Then you studied! Did you take some time to just be still? Then you rested! It's not hard to do once you get used to it. It is important to play, study, rest and work each day to create a healthy habit that is sure to help you stay balanced. If you answered no to those questions, make a note to remind yourself to add something to your day.



Your **ninth HEALTH PLAY** is to follow this prescription:

- ✓ Play every day for at least an hour.
- ✓ Rest at least 8 hours a day and try to be still for 20 minutes during the day.
- ✓ Study or learn something new as often as you can.
- ✓ Do something to help others or achieve a goal each day.
- ✓ **DON'T OVER-DO!**

EXERCISE 16: OVERDOING IT! Here are some examples of people your age who need to improve their balance. See if you can figure out which areas they are over-doing* and which areas need more time. +

Michelle spends a few hours a day at dance after school. She always completes her homework and does well in school. She helps her parents by watching her brother and sister. She is learning to wakeboard and plans to try track for the first time in a few weeks. But when Michelle has the chance, she will spend hours on the phone and the computer. She will stay on the phone or the computer until she is told to get off and whenever her parents aren't watching she is on one of them. Michelle feels tired a lot. **Which balance activity does Michelle need to increase? + What is she overdoing?*** _____

+rest and *play

Kenny is a great student. He has very high grades and enjoys doing well. He is learning to play the saxophone and wants to be the best in the band. He gets plenty of rest and eats well. Kenny spends most of his spare time studying or on the computer. He can study for hours without a break and rarely leaves his room because his computer, video games, t.v. and books are all in there. He is always learning something new and enjoys teaching it to his younger brother. **Which balance activity does Kenny need to increase? + What is he overdoing?*** _____

+play and *study

Jenny is a happy and energetic person. When people see Jenny, they can't help but smile. She loves to play sports and makes sure that she gets plenty of rest to always be at the top of her game. She is a great team player but she loves to win and will push herself and others to win. Jenny spends hours watching sports on t.v. She doesn't care much about school and spends most of her spare time with her friends practicing her favorite sports. Jenny loves her grandparents and helps them around the house. **Which balance activity does Jenny need to increase? + What is she overdoing?*** _____

+study and *play

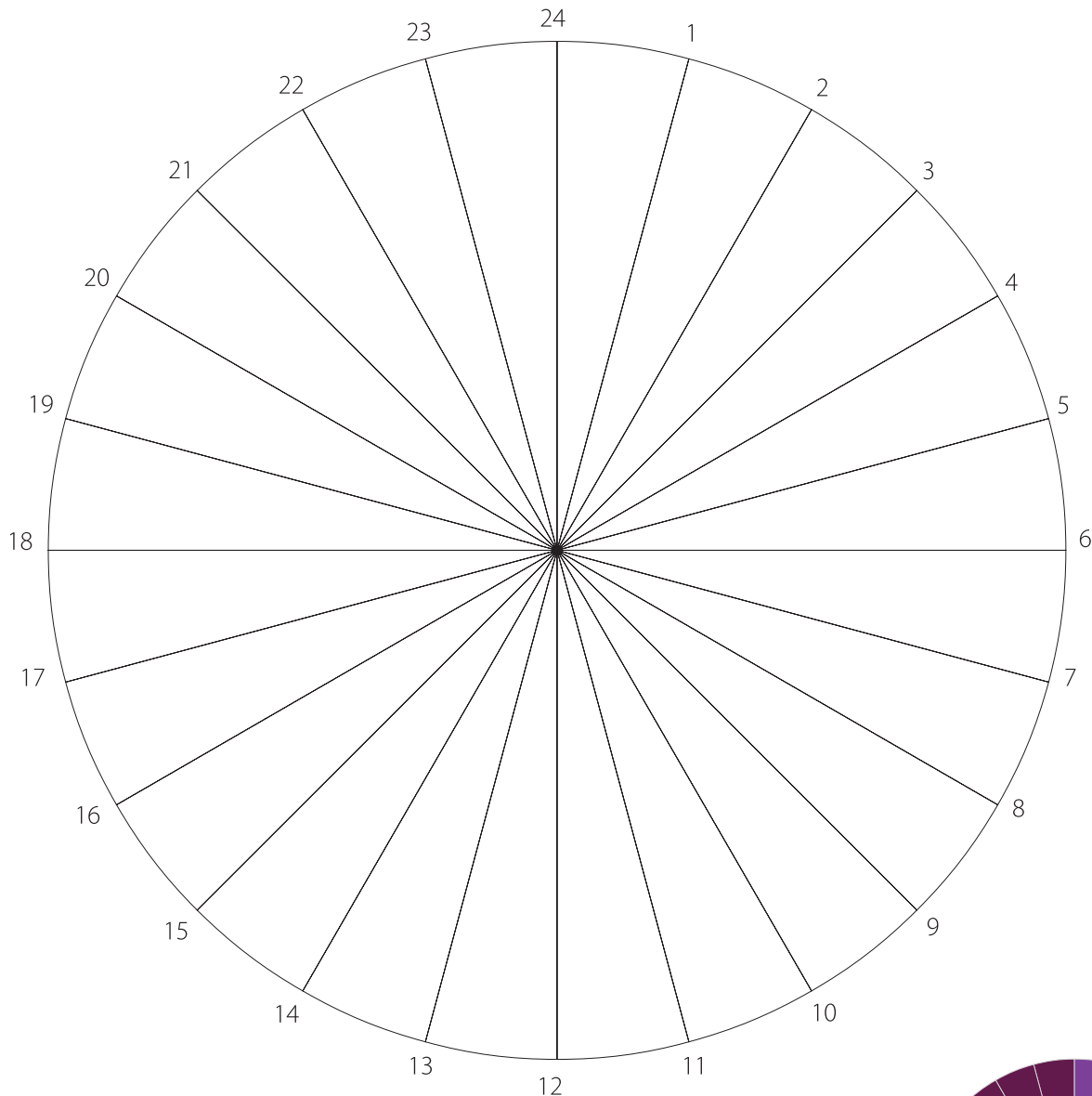
Max is an excellent student but he doesn't have to work on it. He tries new activities quite often but he doesn't stick with anything for long. He spends most of his spare time relaxing and watching t.v. with his friends. Most everything comes easy for Max. He is an only child and his parents want him to enjoy being a kid so they do everything for him. He doesn't even have to clean his own room. **Which balance activity does Max need to increase? + What is he overdoing?*** _____

+work and *rest

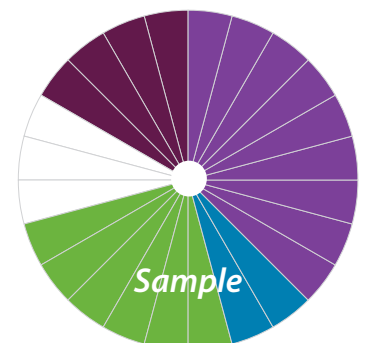
Do you see how easy it is to over-do something? The kids in these examples are just like many of the kids you know. They probably don't even realize that they are being lazy or that they are so focused on one thing that they leave out important healthy activities. Keep going back to the balance prescription to remind yourself about all four ways to stay healthy.

EXERCISE 17: Balance Wheel

There are 24 hours in each day and most days you are obligated to do some activities such as sleeping, learning at school, studying and working such as chores or babysitting. But you would be surprised how much time is wasted or how much time you really have to play. How many hours do you have to spare?



Sleep _____ School _____
 Studying _____ Working _____



You have balance when you do not overdo. You also have balance when you spend your time doing things you enjoy. When you are older, you will likely spend a great deal of your time working. So, it is important to know what you are good at and then try to match your talents with your work. Some people go their entire life without using their natural talents and then they find that they are not happy.



You are probably good at all kinds of things. By narrowing down your natural talents, you learn more about yourself and you learn what to use to stay balanced. Balanced people use their talents and enjoy themselves often (even while working and studying!) They enjoy working and studying because it makes them feel proud when they complete their work. While you should avoid the things that make you unhappy as often as you can, healthy people find ways to use their talents to make every moment joyful. That leads you to the **tenth HEALTH PLAY: Find what makes you smile using your natural talents and spend more time enjoying them.**

List your natural talents:

Here are a few things that kids have said they enjoy. Circle the five that you like the best or add your talents that are not on the lists. You can only pick five!

- | | | | |
|------------------|-----------------|---------------------|-------------------|
| Organizing | Reading | Gardening | Sewing |
| Creating fun | Computers | Building | Singing |
| Teaching | Numbers | Planning | Dancing |
| Babysitting | Team Sports | Decorating | Golf |
| Playing | Board games | Drawing | Science |
| Creating outfits | Caring for pets | Photography | Writing |
| Poetry | Serving people | Cooking | Caring for people |
| Correcting | Leading | Following | Cleaning |
| Throwing parties | Stopping fights | Playing instruments | Being in nature |
| Doing parties | Astronomy | Yoga | Karate |
| Obstacle courses | Card games | Journaling | Investigating |
| Spying | Swimming | Fixing things | Woodworking |
| Other: _____ | _____ | _____ | _____ |

WHAT DID YOU LEARN?

This lesson is very important. Even positive people who are good breathers and making good choices tend to over-do. You can use the health plays to remind you to stay balanced and to spend time doing things you enjoy. Even when healthy people are hard at work, they are usually enjoying it because it is easy to use our talents to serve others or accomplish goals. Congratulations, you have now completed all the lessons to make your wheel roll. If you stay balanced, the wheel will not get lopsided.



CHAPTER 6

The Fifth Key To Health And Wellness Is TRUST

Now you have all you need to have a strong wheel that easily rolls.

There is just one last key that will help you win the health game:

YOUR ATTITUDE AND BELIEFS!

Isn't that strange? The other keys made much more sense. What does your attitude have to do with being healthy? Well, your attitude is actually the "health glue" that keeps the wheel together. The truth is, life can be messy sometimes. While you are playing the health game, you will be challenged to keep your wheel strong and balanced. You will learn a lot of lessons and you will go through many of life's tests. **But, it will stay strong and keep rolling when you believe in yourself.**

You have already learned a lot in your first ten years of life. For example, you have learned how to read, how to play games, how to sit still, and how to make friends. All of these lessons were not easy. But, you knew you could do each of them and believing in yourself was how you learned to do them. **You developed trust.**

Trust is just like any of these lessons that you have already learned throughout your life. It just requires belief. **Let's start with finding out what you believe.**

EXERCISE 18: Finish the sentences about what you believe.

I believe that I am _____

I believe that people are usually _____

I believe I can do _____

I believe life is _____

Are these trusting beliefs? Can you make them more trusting? Let's explore this further.

Your beliefs are reflected in your health. So, if you believe you are a good person who is doing their best. If you believe people are generally kind and generous. If you believe that you can do most anything with practice. If you believe life is enjoyable and you learn from your mistakes. If you wake up in the morning and believe you are part of the world and connected to everything. Guess what. You are using trust and you have the glue to keep your wheel together!



EXERCISE 19: Same Boy, Different Attitude and Beliefs

HERE IS A STORY OF A BOY WHO DIDN'T TRUST:

Tommy was different. He didn't have many friends and his parents were always working. Because he was alone a lot, he spent most of his time outside playing with animals. He trusted animals. He didn't trust people. He didn't trust his parents because they worked a lot and weren't home after school like many other parents. He tried to make friends but when he would tell them about things he liked to do, the friends seemed to disappear. Tommy enjoyed school but he didn't trust his teacher. She was always pointing out his special talents with animals. Tommy didn't want people to notice him. He didn't think he was special. He thought he was weird and he was sure that everyone else agreed with him. He watched the kids play at recess and he thought they all seemed much happier than he is.

What does Tommy believe about himself, about people, about his talents and about life?

HERE IS A STORY OF A BOY WHO TRUSTED:

Tommy was different. He had hardworking parents who left him alone often. He spent most of his time playing outside with animals and he learned what many of them needed to survive. He even nursed a baby deer that lost its mother. He shared his stories with his teacher and she encouraged him to bring in a few of his animal friends. As he shared his knowledge with his classmates, they were all amazed and a little intimidated. How did an eleven year old boy know so much about animals? He realized that most of the kids his age did not enjoy the same things he did. So, he joined an animal keepers club and found many friends of all ages who also had the same interests and gifts that he had with animals. Tommy always found ways to enjoy himself.

What does Tommy believe about himself, about people, about his talents and about life?

Do you see what happened? The story is about the same boy in the same situation with the same people in his life. **The only difference was Tommy's attitude and beliefs.**

The way to experience the things that happen when you trust is simple, but it takes practice. This can be done every day to keep trust going. You can also use it whenever you start to experience distrusting beliefs such as “I’m not good enough” or “This is too hard.” **HOW CAN YOU EXPERIENCE MORE TRUST?** You start to practice gratitude or in other words, being thankful.

HEALTH TEAM DAILY PRACTICE #4 • Practice Gratitude

STOP

SIT STILL

CLOSE YOUR EYES

START DEEP BREATHING

COUNT YOUR BREATHS

JUST LISTEN

START THINKING ABOUT ALL THE REASONS TO BE GRATEFUL OR THANKFUL



There are many, many reasons to feel grateful. You could be grateful for your parents, your room, your bike, your friends, your pets, your ability to dance. You can be grateful for just about everything in your life. When you start to feel grateful, you start to notice more reasons to trust. You may notice when people are kind or generous or you notice all the beauty around you or you may just notice how easy it is for you to play and enjoy life.



THERE ARE TWO FINAL HEALTH PLAYS.

The **eleventh Health Play** is to write down at least 10 things for which you are grateful:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Also, as you play the health game you need to learn how to keep your wheel together during the ups and the downs. It's like any other game. Sometimes you are winning, sometimes you are losing. If you over-react when things aren't going the way that you expected, then you will likely start to lose more often and become less healthy.



We all play the health game every day. It isn't a game where we can sit out or take a break. When things are going well and you feel good and have a lot of energy, enjoy it. But there will be times when you will be challenged and you will learn new things.

The twelfth HEALTH PLAY is to go with the flow!

WHAT DID YOU LEARN?

You now have completed the final lesson. As you take a few minutes to stop and be grateful, you will probably start to find that you have many answers within you and you know how to win the game. The health playbook is a great resource to keep reminding you of how to live well for life. You are loved, you are naturally healthy and you can choose to enjoy a healthy life as you go with the flow. It is time for you to start teaching others how to be healthy.

NOW YOU CAN COMPLETE YOUR WELLNESS WHEEL AGAIN AND SEE HOW IT HAS IMPROVED!

EXERCISE 1: WELLNESS WHEEL QUESTIONNAIRE

General Health

1. I usually feel good.
2. My body moves with ease.
3. I have little pain.
4. I sleep well and I don't wake up tired.
5. I have energy throughout the day.

Self Love

1. I like myself.
2. I like my body.
3. I think happy thoughts most of the time.
4. I say nice things and don't talk bad about others.
5. I don't dwell on what others think.

Breathing

1. I know how deep to breathe and practice it.
2. I notice when I am stressed and can relax quickly.
3. I take time to relax and breathe often.
4. I am truthful about my feelings.
5. I spend time outside breathing in nature daily.

Positive Choices

1. I eat at least two vegetables & two fruits every day.
2. I drink a lot of water and drink little caffeine or sugary drinks.
3. I watch TV or sit in front of screens less than two hours a day.
4. I choose friends who like me just the way I am.
5. I feel good in my home and with my family.

Balance

1. I know what I enjoy and do it often.
2. I don't overdo.
3. I do excellent work.
4. I try new things often.
5. I play every day.

Trust

1. I believe good things usually happen.
2. I don't over-react often.
3. I am grateful or thankful for most everthing.
4. I am kind and find kindness is returned back to me.
5. I go with the flow and learn from my mistakes.

	No Never	Sometimes	Usually	Yes, Always
	1	2	3	4

TOTAL ____/5= ____

TOTAL ____/5= ____

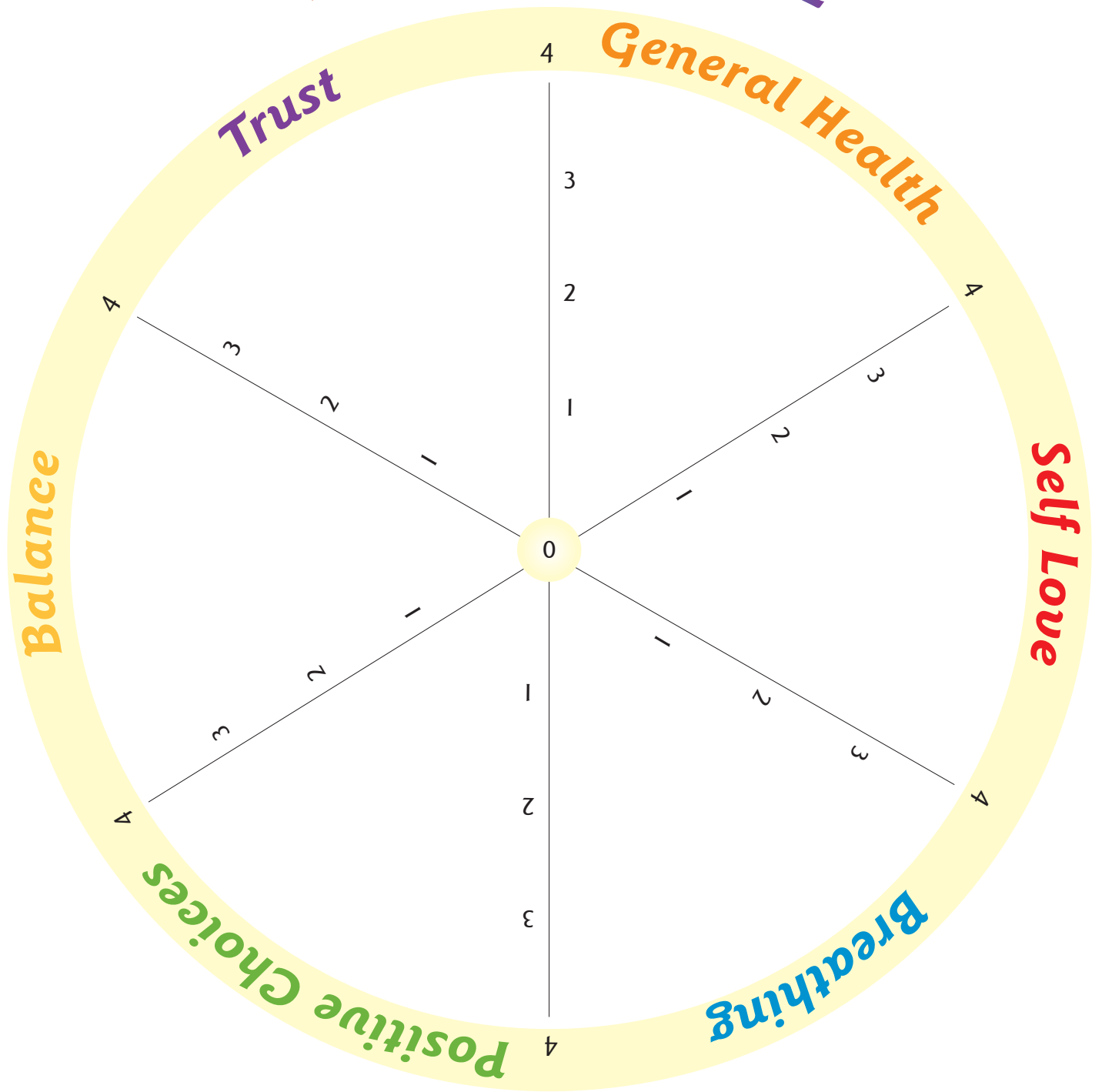
TOTAL ____/5= ____

TOTAL ____/5= ____

TOTAL ____/5= ____

TOTAL ____/5= ____

WELLNESS WHEEL



Congratulations!

Your new wheel is stronger, more balanced and may even be able to roll. If you keep practicing and using the health plays, you will be the healthiest you can be. By knowing what creates your health, thinking positive, being a good breather, choosing habits that add to your health, not over-doing it and trusting as you go with the flow **you win the health game.**

GENERAL HEALTH SCOREBOARD

Are you healthy?	<input checked="" type="radio"/> YES	<input type="radio"/> SORT OF	<input type="radio"/> NOT REALLY
Does your body feel good?	<input checked="" type="radio"/> YES	<input type="radio"/> SORT OF	<input type="radio"/> NOT REALLY
Do you have lots of energy?	<input checked="" type="radio"/> YES	<input type="radio"/> SORT OF	<input type="radio"/> NOT REALLY
SCORE	WINNING	TIED	LOSING

The HEALTH PLAYBOOK

Using The 5 Keys To Wellness

Children from ages ten to twelve years old are at a very important “health age.” This is the time when you start to create your health habits for life. The Health Playbook is a fun and easy way to help pre-teens learn how they can live well for life.

The Healthbook teaches kids:

What creates health

How to improve their health

How positive words and actions improve health

How breathing manages away stress

How important it is to make choices that add to health

How to balance their activities so they don't over-do or become sick

How to use gratitude and trust to manage life's ups and downs

“This program has been used in our schools for several years. Because it is simple and fun, children welcome the lessons. It has been wonderful to watch our children learn the 5 keys to wellness and apply the lessons daily. It is also a great reminder for parents, teachers and adults.”

Erin Hagberg, School Superintendent

COMPLIMENTS OF:

