

B I G

O N

S E L F

C A R E



BIG THOUGHT

Are You Ready?



Brush your teeth and floss



Wash your hands and face



Comb/Brush your hair



Get dressed and put on clean clothes



Get your backpack



SMILE!

Mindful Meals

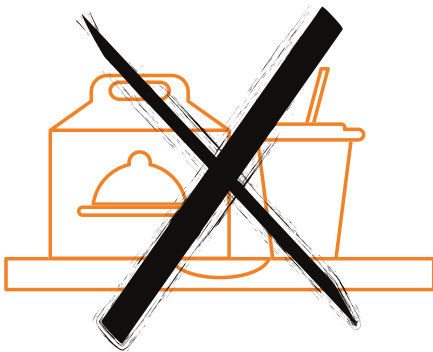
1 DON'T EAT & WATCH TV



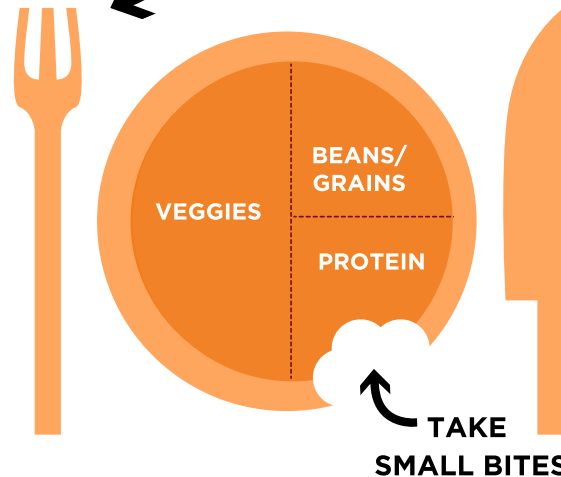
2 SIT AT THE TABLE FOR MEALS



3 DON'T EAT FROM THE PACKAGE



5 PUT FORK DOWN BETWEEN BITES



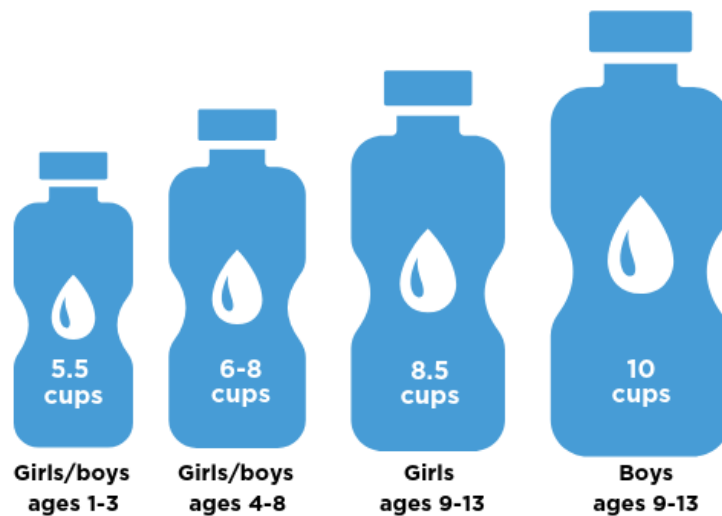
4 CHEW! CHEW! YOUR FOOD



Water Works

Know What They Need:

One of the most important hydration tips is to know how much water your child needs. Active kids of all ages have different water requirements. Many experts suggest the following for proper hydration:



Diversify the Hydration Process:

- Eat water enriched foods
- Add water to your juice

Get Them Excited About Water

- Personalize your water bottles
- Use a silly straw
- Carry your own water bottle

Countdown to Sleep

60 minutes before bedtime

Power off all electronics and plug them in at the central charging station.

50 minutes before bedtime

Create a relaxing and comfortable sleep environment.

40 minutes before bedtime

Have your child take a warm bath or hot shower. Make bath time special by playing soft music.

10 minutes before bedtime

Have your child read a book, journal or color.

5 minutes before bedtime

Have your child begin counting backwards while taking deep breaths.

More Bedtime Tips

- Create a bedtime playlist. Using a Bluetooth speaker play soft music until you fall asleep. You can also play positive affirmations, animal sounds or water sounds.
- Use aromatherapy with fragrance beads.
- Do not consume caffeine after lunch.
- Have a consistent bed and wake-up time; even on the weekends.



Think of the people you can talk to when something happens. List three adults at school, three members of the community and three friends that you can talk to in this way.



3 Adults at School

1. _____
2. _____
3. _____

3 Community Members

1. _____
2. _____
3. _____

3 Friends

1. _____
2. _____
3. _____