

# School Toolkit



*A Way of Life.  
Un mode de vie.  
Ta'n Tel-mimajimk*

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# Welcome

The Mango team is so excited to share this **5210 A Way of Life** toolkit with you and your students!

We recognize that school time is busy as teachers and students make their way through the curriculum. For that reason, we have developed a new toolkit that kindergarten to grade five teachers can use when it is convenient for them. We know that keeping students healthy helps to improve concentration and performance in the classroom and the new **5210 A Way of Life** toolkit has been created with that in mind. It includes positive morning announcements, engaging activities and informative handouts to promote **5210 A Way of Life** messages with students and their parents. This toolkit was created with your curriculum in mind, and each activity targets the New Brunswick Curricular Outcomes and the New Brunswick Global Competencies.

We hope you enjoy this toolkit. Reach out to us at any point if you are looking for support, resources or to provide feedback. We are here to support you and your team.



**5210 A Way of Life** is an initiative that promotes healthy behaviours and environments in New Brunswick communities. The simple **5210** messages encourage eating well and being active every day. By bringing community stakeholders together to share consistent messaging, **5210 A Way of Life** helps build partnerships to create and support healthy environments.

Regards,

The **5210 A Way of Life** Team

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# Morning Announcements

In this section you will find morning announcement ideas that align with the **5210 A Way of life** messages. This is a great way to start the day with positive messages that help promote healthy habits to students. Feel free to use the announcements in any order you would like.

## Here is your **5210** tip of the day!

- Try a new fruit or vegetable that is your favourite colour!
- Enjoy outdoor activities each season. In the fall, go apple picking with friends and family.
- To grow, you need from 9 to 11 hours of sleep each night. Try to follow a regular bedtime routine.
- Try to eat at least one vegetable or fruit at every meal. To make it easier, add vegetables to food you already eat like pasta, soup, rice, pizza, etc.
- Keep your phones, tablets, and other screens out of your bedroom by charging them in a different room at night!
- Find activities you enjoy doing. Practice your favourite sport outside with your friends or family.
- Add fruit and herbs to your water for a splash of tasty flavour!
- Find something fun to do without a TV, computer, phone or video game. In the fall you could go for a nature walk to see the colourful leaves.
- Enjoy outdoor activities each season. When it's warm outside, go for a bike ride with your family. Don't forget to wear your helmet!
- Bring a reusable water bottle from home so you can drink water all day long.
- If you get bored at home, instead of using a TV, computer, phone, or video game, read your favourite book!
- Try a new activity with your friends so you can be active together!
- Do you have a hard time falling asleep? Being more active during the day helps to have a better night sleep.

- Who doesn't love a good smoothie? Try putting vegetables like spinach in your smoothies and you won't even taste the difference!
- Instead of using screens after school, play a board game with your family or friends!
- Whether it is playing a sport, playing outside, or just going for a walk, be active every day!
- Bring a water bottle from home to refill at the water fountain and drink more water!
- Did you know? A good night's sleep strengthens your immune system. If you have a hard time sleeping, meditation might help.
- Find ways to stay active outdoors during every season. During winter, many of our favourite sports and activities can still be enjoyed if we just dress warmer.
- Find something fun to do without a TV, computer, phone, or video game. In the fall, Try carving pumpkins with your family.
- Having a good night's sleep helps you to concentrate better in class. Turn off all screens at least one hour before bedtime to help you sleep better.
- Try to add at least one vegetable or fruit at every meal. Make it easier by adding them to foods you already enjoy, like cereal or pancakes!
- There are many ways to stay busy that don't involve screens. Try colouring a page in your favourite colouring book.
- You don't need sports equipment to stay active. Race your friends at recess today.
- Sugary drinks can hurt your teeth and give you cavities! Drink water when you are thirsty.
- Offer to help your parents prepare supper one night this week. You might find a new hobby!
- Physical activity helps you feel better. Tonight, turn on your favourite music and dance!
- Be a role model to your friends by making healthy drink choices. Bring a bottle of water or plain milk in your lunch box.
- Did you know? A good night's sleep helps you grow. Move more during the day to help you get a better sleep.

- Did you know? Frozen vegetables and fruit are just as healthy as fresh and can help your parents save time while preparing meals.
- Did you know that water is the best way to stay hydrated after playing sports? Sports drinks have 4 teaspoons of sugar per cup and water has none!
- Doing relaxing activities before bed can help you sleep. Try yoga, meditation or reading a book.
- The flavour of vegetables changes based on how it is cooked. Ask your parents to try roasting vegetables in the oven with a bit of oil and spices.
- Bring a bottle of water with you when you leave the house. When water is easy to access, we make better beverage choices.
- When you spend less time in front of a screen you connect better with your surroundings and have better face-to-face time. Try making a 'no screen day' once a week with your family.
- Being active for 1 hour each day makes your muscles and bones stronger. How can you be more active today?
- Drinking water and avoiding sugary drinks keeps your teeth healthy and cavity free.
- Do you have a hard time falling asleep? Turning off all screens one hour before bedtime can help.
- Keep physical activity fun! Ask your friends what their favourite outdoor game is. You may find a new favourite too!
- Keeping hydrated is important during the cold weather too. If you prefer warm drinks after playing out in the snow, try hot water with lemon slices.
- Did you know? A good night's sleep helps you grow. Relaxing before bedtime can help you sleep better. Try reading a book before going to sleep.
- Find ways to stay active outdoors during every season, if the snow is just right, making a snowman is a great way to stay active.
- Did you know that water should be your first choice for a drink? Pouring glasses of water for everyone in your family at mealtime can be a great reminder to have 0 sugar added beverages.
- A hot vegetable soup is a great way to warm up after playing outside in the cold. You can add all kinds of vegetables into your favourite soup to make it more filling.

- When you spend less than 2 hours in front of a screen, you sleep better. Tonight, try reading one of your favourite books with your family.
- Enjoy outdoor activities each season. Do you have a favourite winter sport? Try snowshoeing, skiing, sledding, or skating during the winter break.
- Did you know that chocolate milk has 7 teaspoons of sugar per cup? Choose white milk or water instead.
- Sometimes, large family meals take longer to prepare. If you get hungry, try munching on some raw veggies while you wait.
- Turning off all electronics during mealtime can help you to make better connections with your family.
- Enjoy a warm and hearty vegetable soup. It's a good way to enjoy more vegetables.
- Bring a water bottle from home and refill it at the water fountain to help you drink more water!
- Try to eat at least one vegetable or fruit at every meal. Vegetables and fruit can be prepared in different ways to keep them interesting.
- There are many activities that we can only enjoy during the winter months. Try skating, snowshoeing, or skiing with your family.
- Did you know that water should be your first choice for a drink? Bringing your water bottle to school can help remind you to drink more water.
- Sticking to a bedtime routine can help you fall asleep. A healthy bedtime routine can include a bath, reading a book and taking time to settle before getting into bed.
- One way to help you enjoy more vegetables and fruit is to always pack them in your lunch. If you find it hard to peel oranges, they can be peeled at home and put in a baggie.
- Did you know that juice has 8 teaspoons of sugar in one cup? When you choose water, you are helping to keep your teeth healthy.
- There are many ways to stay busy that don't involve screens. Ask your parents if you can help prepare supper and pack lunches for the next day.
- Too many sugary drinks can hurt your teeth and give you cavities! Drink water when you are thirsty.



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## What is 5210 a way of life?

**Enjoy! At least 5 vegetables and fruit every day.**



- ✓ Eat at least one vegetable or fruit at every meal.
- ✓ Try a new vegetable or fruit. It may take many attempts before you enjoy a new taste.
- ✓ Wash and cut vegetables and fruit so they are ready to grab and eat. Remember to place them where they will be seen.
- ✓ Try new ways to prepare vegetables and fruit to make them tasty.

**Power down! No more than 2 hours of screen time per day.**

\*No screen time under the age of two.



- ✓ Make screen time rules.
- ✓ Keep screens out of the bedroom.
- ✓ Turn off screens and enjoy a family meal together.
- ✓ Find ways to have fun without screen time.

**Move more! At least 1 hour of physical activity every day.**



- ✓ Enjoy outdoor activities every season.
- ✓ Plan to be active every day.
- ✓ Find activities you enjoy.
- ✓ Be active with friends and family.

**Drink more water! 0 sugar added beverages.**



- ✓ Make water your first choice. Add slices of vegetables or fruit for flavor.
- ✓ Plain milk and soy beverages are part of a healthy diet.
- ✓ Read the ingredient list to know if sugar has been added.
- ✓ Avoid sugar added beverages such as pop, fruit punch, energy and sports drinks, and even limit 100% pure fruit juice.



# Activity: 5-2-1-0 Quiz

## Grade k-5

**Overview:** [5210 A Way of Life](#) is an initiative that promotes healthy behaviours and environments. The simple **5210** messages encourage eating well and being active every day, two important habits for good health. The following activity explains the four messages promoted by the **5210** initiative.

### What you'll need:

- A wide-open space for student to stand in a circle
- Handout: **What is 5210?** (above)

### How to play:

- Explain the **5210** messages using the “**What is 5210**” handout.
- Have students stand in a circle.
- Call out different activities from the list below (or add your own). Some are recommended as part of the **5210** messages, some are not.
- Tell the students that if the activity is recommended by 5210, they need to run in place (or do another chosen action - i.e.: squats, jumping jacks, etc.).
- Tell the students that if the activity isn't **5210** recommended, they need to stand still.
- If you notice that one or more students run when they shouldn't or don't run when they should, instead of addressing those students directly or calling them out, teach the whole group why the activity is or isn't **5210** recommended (or ask if one of the students wants to explain it) so that the whole group understands the concept. Then, move on to the next statement.

5210 recommendations	Not a 5210 recommendation
Drinking water	Playing video games
Playing outside daily	Drinking sports drinks (Gatorade, Powerade)
Eating vegetables with every meal	Watching TV in the bedroom
Enjoying outdoor activities every season	Eating a meal in front of the TV
Running	Drinking chocolate milk
Reading	Drinking pop
Skiing	Not eating vegetables or fruit during the day
Drinking plain milk	Not moving for a long period of time
Eating apples, kiwis, berries, or other fruit	Drinking slushies
Playing basketball (or any other sport)	Not having vegetables with your lunch
Walking the dog	Spending all evening watching TV
Practicing yoga	Not having fruit with breakfast
Mindfulness	Not drinking any water during the day
Drinking water flavored with fruit slices	Bringing the tablet in the bedroom
Going on a family bike ride	Drinking juice

## **NB Curricular Outcomes**

### **Grade K-2: Healthy Lifestyles**

K 2.2 identify and explain types of activities that support a healthy lifestyle

1.3.3 identify habits and products that are harmful to our health

2.4.1 understand, develop and maintain a healthy lifestyle

### **Grade 3-5: Wellness**

1.1 recognize the importance of healthy eating and regular physical activity for a healthy lifestyle

1.2 describe personal habits that contribute to improved health

1.1 assess personal health habits and their relationship to wellness

1.2 analyses the impact of using strategies to promote healthy growth and development

## **NB Global Competencies**

Self-Awareness and Self-Management





# Enjoy!

## At least 5 vegetables and fruit every day



Supports better health by reducing the risks of heart disease, stroke, high blood pressure, type II diabetes and certain types of cancer.



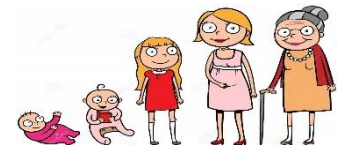
Supports a healthy vision



Maintains healthy bowels



Strengthens your immune system.



Helps with growth and development.

## Tips to enjoy vegetables and fruit

- 🥕 Prepare vegetables and fruit in different ways.
- 🥕 Many vegetables and fruit taste great with a dip or dressing. Try salad dressing, yogurt, nut butter, or hummus.
- 🥕 Add vegetables to foods you already enjoy, like pasta, soups, casseroles, pizza, rice, etc.
- 🥕 Add fruit to your cereal, pancakes, or other breakfast foods.
- 🥕 Keep washed and chopped vegetables and fruit in the fridge so they are ready to grab and eat.
- 🥕 Most people prefer crunchy foods over mushy ones. Enjoy uncooked or lightly steamed vegetables and avoid overcooking.
- 🥕 **Did you know?** Frozen vegetables and fruit are as healthy as fresh, and they help save time and money.

# Activity: Veggie and Fruit Mania!

Grade k-5

**Overview:** [5210 A Way of Life](#) is an initiative that promotes healthy behaviours and environments. The simple 5210 messages encourage eating well and being active every day, two important habits for good health. Students will identify different vegetables and fruit in the following activity and find new ways to eat them. This activity supports the “Enjoy! at least 5 vegetables and fruit each day” message of 5210 A Way of Life.

## What you'll need:

- Ball,
- Large open space
- **Enjoy!** handout (above)

## How to play:

- Before getting started with the game, use the **Enjoy!** Handout to explain the benefits of eating vegetables and fruit.
- Ask students to stand up and form a circle.
- The first student will throw the ball to another student in the circle and at the same time name a vegetable or fruit.
- The student catching the ball must explain one way that the named vegetable or fruit can be eaten or prepared (examples: We can add strawberries to yogurt, spinach can be used in salads, mushroom can be placed on pizza).
- After explaining their example, the student will throw the ball to another student and name a different vegetable or fruit.
- Students must sit down if they can't name a new vegetable or fruit or if they can't explain a way to eat or prepare a certain vegetable or fruit.
- Continue until only one student is left or time runs out.

## **NB Curricular Outcomes**

### **Grade K-2: Healthy Lifestyles**

K 2.2 identify and explain types of activities that support a healthy lifestyle

1.3.3 identify habits and products that are harmful to our health

2.4.1 understand, develop and maintain a healthy lifestyle

### **Grade 3-5: Wellness**

1.1 recognize the importance of healthy eating and regular physical activity for a healthy lifestyle

1.2 describe personal habits that contribute to improved health

1.1 assess personal health habits and their relationship to wellness

1.2 analyses the impact of using strategies to promote healthy growth and development

## **NB Global Competencies**

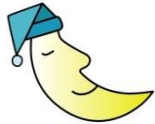
Self-Awareness and Self-Management





# Power down!

**No more than 2 hours of screen time per day.**  
No more than 1 hour of screen time for kids 2 to 5 years of age.  
**0** screen time under the age of 2.



### Improves sleep:

Lights and activity from screens, near bedtime, are linked to sleep problems.



### Improves relationships:

You will connect better with your surroundings and have more face-to-face time.



### Improves mental health:

Less screen time can help with attention problems, anxiety, and/or depression.

## Tips for Healthy Screen Habits

- ❏ Set some basic rules.
- ❏ Keep screens out of bedrooms.
- ❏ Turn off electronics during mealtimes.
- ❏ Be active.
- ❏ Keep books, magazines, and board games in the family room.
- ❏ Try having a “No Screen Day” once a week.

**Did you know?** Canadians aged 12-17 years spend on average almost 8 hours, every day in front of a screen.

Screen time includes televisions, computers, smartphones, gaming consoles, and tablets.

## Screen-free Activities

- ❏ Read a book.
- ❏ Visit a friend.
- ❏ Walk the dog.
- ❏ Ride a bike.
- ❏ Go on a nature hike.
- ❏ Turn on music and dance.
- ❏ Spend time with your friends or family.
- ❏ Play board games.
- ❏ Practice your favorite sport.
- ❏ Go to the library.
- ❏ Make a craft.
- ❏ Walk, jog, or run.

# Activity: Positive Affirmations

## Grade K-5

**Overview:** [5210 A Way of Life](#) is an initiative that promotes healthy behaviours and environments. The simple 5210 messages encourage eating well and being active every day, two important habits for good health. The following activity supports the “Power down! No more than 2 hours of screen time each day.” message of 5210 A Way of Life. It is a screen-free activity that helps decrease stress, boost feelings of optimism and strengthen resilience.

### What you'll need:

- Craft material: Paper bags, paper, markers/crayons, scissors
- **Power down!** Handout (above)
- Positive Affirmations handout (bellow)

**Setup:** Have students sit at their desks with their craft supplies

### Before you start

- Use the **Power Down!** handout to explain the benefits of reducing screen time.
- For younger students, positive affirmations may need to be printed and prepared for students to pick from.
- Discuss that positive affirmations are positive statements or mantras that you repeat to yourself, either silently or out loud. Repeating positive affirmations can help make you feel good and positive.

### How to play:

- Have students decorate their paper bags with drawings that make them happy or that represents them.
- Students will then choose at least 10 positive affirmations from the following list or create their own. Each affirmation will be written on its own piece of paper, then folded and placed in the paper bag.
- Students can share one of their affirmations with the class if they are comfortable.
- These affirmations can be chosen from the bag daily at a time decided by the teacher for a confidence booster, or the students can choose one when they are feeling overwhelmed.

## NB Curricular Outcomes

### Grade K-2: Healthy Lifestyles

K 2.2 identify and explain types of activities that support a healthy lifestyle

1.3.3 identify habits and products that are harmful to our health

2.4.1 understand, develop and maintain a healthy lifestyle

### Grade 3-5: Wellness

1.1 recognize the importance of healthy eating and regular physical activity for a healthy lifestyle

1.2 describe personal habits that contribute to improved health

1.1 assess personal health habits and their relationship to wellness

1.2 analyses the impact of using strategies to promote healthy growth and development

1.5 discuss the factors that may influence substance use or misuse

## NB Global Competencies

Self-Awareness and Self-Management





# Positive Affirmations List

Source: <https://liveboldandbloom.com/06/self-confidence/positive-affirmations-for-kids>

I am amazing.

I like my differences, and I like the differences in others.

I am honest and open-hearted.

Every day my life is better and better.

I love myself.

I am creative.

I am happy.

My family and friends are always there for me.

Everyone makes mistakes, and I learn from mine.

Learning is fun!

I am unique.

I love the world around me.

I am extraordinary.

I am deserving of happiness and love.

I will succeed.

I bring joy to everyone around me.

I do my best every day.

I am responsible.

My memory is fantastic.

I am a fast learner.

I always offer others a big smile.

I am free to choose who I want to be.

I always find the bright side of anything.

I trust myself.

I discover new things everywhere I go.

I am gentle with everyone, including myself.

I love to try new things.

The person I am today makes me proud.

My decisions and thoughts are positive.

Every moment is special.

I am patient and calm.

I am free to express my ideas.

I am happy to help others.

I can solve any problem.

I have wonderful friends.

I am thankful for everything I am and have.

I am optimistic every day.

I have confidence in me.

I am talented.

I respect others and they respect me.

I love my family and friends very much and they love me too.

The world is full of possibilities.

I am cheerful and energetic.

I look forward to what is to come.

I am patient with myself.

I am a great listener.

Challenges help me grow.

I enjoy being myself.

I am fun and friendly.

I am good at anything I set my mind on.

Every day is a new opportunity.

I choose to think and feel only good, positive things.

I make a difference in this world.

If I can't do this yet, I will learn it and do it tomorrow.

I embrace myself just the way I am.

Life is beautiful.

I am becoming a better person every day.

I am an attentive student.

I enjoy going to school and learning new things with my teachers.



# Move more!

## At least 1 hour of physical activity every day

Less than 1 year old: ≥30 minutes tummy time per day  
 1-4 years old: ≥180 minutes per day  
 5-17 years old: ≥60 minutes per day  
 18+ years old: ≥150 minutes per week



Supports better health:  
 Reduces the risks of heart disease, stroke, high blood pressure, type II diabetes, osteoporosis, and certain types of cancer.



Helps you feel better:  
 Improves mental health, self-esteem, well-being, and confidence.



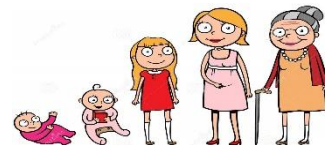
Strengthens muscles and bones, reduces risk of injury, and improves motor skills development.



Improves concentration and productivity.  
 Reduces stress.



Improves and maintains mobility.



Helps with growth and development.

### Tips to Keep You Moving

- Keep physical activity fun.
- Be active with your friends and family.
- Choose toys and games that promote physical activity (ex: balls, hula hoops, jump rope, etc.).
- Make gradual changes to increase your level of physical activity.
- Incorporate physical activity in your daily routine.
- Limit recreational screen time.
- Take the stairs.

### Free and Fun Activities

- Take a walk with your family
- Play with your pet
- Ride a bike
- Go on a nature hike
- Turn on music and dance
- Play tag
- Jump rope
- Play your favorite sport
- Make snow angels

# Activity: Build Your Own Obstacle Course

## Grade K-5

**Overview:** [5210 A Way of Life](#) is an initiative that promotes healthy behaviours and environments. The simple 5210 messages encourage eating well and being active every day, two important habits for good health. In this activity, students will use creative problem solving to build their own obstacle course while moving and having fun. This activity supports the “Move More! At least 1 hour of physical activity each day” message of 5210 A Way of Life.

### What you'll need:

- A range of sports equipment – hula hoops, balls, cones, ropes, etc.
- A wide-open space
- **Move more!** Handout (above)

**Setup:** Divide sports equipment up into piles based on the number of groups playing.

### Before you start:

- Use the **Move More!** handout to explain the benefits of physical activity.
- Divide students into groups of 4 or 5 and place them with a pile of equipment.
- Give groups examples to get them started.
- Make sure each group has enough room to make up and practice their obstacle course.

### How to play:

- Students will use all the equipment in their pile to make up their own obstacle course.
- They need to establish boundaries, rules, equipment use and any other specific information for their obstacle course.
- Students choose a name for their obstacle course and take turns teaching the other groups.
- The groups take turns completing each of the obstacle courses.

## **NB Curricular Outcomes**

### **Grade K-2: Healthy Lifestyles**

K 2.2 identify and explain types of activities that support a healthy lifestyle

1.3.1 understand, develop, and maintain a healthy lifestyle

2.4.1 understand, develop, and maintain a healthy lifestyle

### **Grade 3-5: Wellness**

1.1 recognize the importance of healthy eating and regular physical activity for a healthy lifestyle

1.2 describe personal habits that contribute to improved health

1.1 assess personal health habits and their relationship to wellness

1.4. identify strategies to promote healthy growth and development

1.1 assess personal health habits and their relationship to wellness

## **NB Global Competencies**

Self-Awareness and Self-Management

Collaboration





# Drink more water!

## 0 sugar added beverages



Less is best when it comes to sugary drinks. They have very little nutritional value and can cause cavities.



Drinking water helps with proper hydration. It gives us the fluids we need to keep our bodies working well.

### How much sugar is in your drink? (1 cup / 250 mL)\*



Water has **0** sugar



White milk has **3** teaspoons



Sports drink has **4** teaspoons



Iced tea has **4** teaspoons



Chocolate milk has **6** teaspoons



Energy drink has **7** teaspoons



Slushie has **8** teaspoons



Pop has **7** teaspoons



Juice has **6** teaspoons

### Tips to drink more water

-  Keep a pitcher of cold water in the fridge.
-  Bring a bottle of water along with you.
-  Keep sugary drinks out of the house.
-  Choose a cup or bottle you like to drink from.
-  Be a role model by making healthy drink choices.
-  Add slices of fresh fruit to your water for extra flavor.
-  Use herbs and spices such as mint, ginger, rosemary or cinnamon, for extra flavor.
-  Enjoy your coffee or tea without sugar.

\*Please note that the amount of sugar in drinks may vary depending on the manufacturer.

# Activity: Sugar Relay

## Grade K-5

**Overview:** [5210 A Way of Life](#) is an initiative that promotes healthy behaviours and environments. The simple 5210 messages encourage eating well and being active every day, two important habits for good health. The following activity supports the “Drink more water! 0 sugar added beverages” message. It promotes water as first choice and helps students realize how much sugar is in certain drinks.

### What you'll need:

- 2 packs of 16 cards (Provided in next pages – Print twice - Will need to be cut).
- **Drink more water!** Handout (above)

**Setup:** Divide class into 2 groups. Put each set of cards on the floor or on tables at the end of the classroom.

### Before you start:

- Use the **Drink More Water!** handout to explain the benefits of drinking water. Skip over the part stating the amount of sugar in drinks (these are the activity answers).

### How to play:

- Once cards are placed on one side of the classroom, teams will line up on the opposite side.
- Each player will take turns running to pick up a card and bring it back to their team.
- When the teams have all their cards, they need to associate the beverages with their respective amount of sugar.
- The first team to correctly complete the association game wins!

## Answers

Water	<b>0 cubes</b>
100% Orange juice	6 cubes
Pop	7 cubes
Plain milk	3 cubes
Chocolate milk	6 cubes
Lemonade	7 cubes
Fruit punch juice box	6 cubes
Slush	8 cubes

**\*Note:** This table shows the average amount of sugar in each type of drink for 1 cup (250ml). The amount of sugar in drinks may vary depending on the manufacturer. 4g sugar = 1 tsp (5ml)

## NB Curricular Outcomes

### Grade K-2: Healthy Lifestyles

K 2.2 identify and explain types of activities that support a healthy lifestyle

1.3.1 understand, develop, and maintain a healthy lifestyle

2.4.1 understand, develop, and maintain a healthy lifestyle

### Grade 3-5: Wellness

1.1 recognize the importance of healthy eating and regular physical activity for a healthy lifestyle

1.2 describe personal habits that contribute to improved health

1.1 assess personal health habits and their relationship to wellness

1.2. analyze the impact of using strategies to promote healthy growth and development

## NB Global Competencies

Self-Awareness and Self-Management



**Water  
(1 cup)**



**100%  
Orange Juice  
(1 cup)**





**Pop**  
**(1 cup)**



**Plain Milk**  
**(1 cup)**



Chocolate  
Milk  
(1 cup)



Lemonade  
(1 cup)



Fruit Punch  
(1 cup)



Slush  
(1 cup)



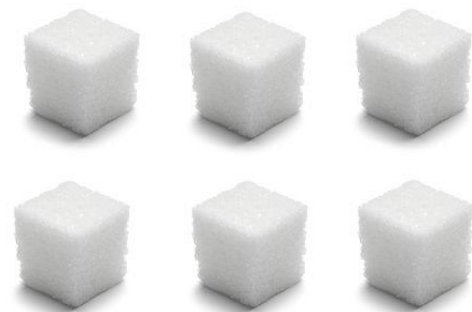
0 Cube

3 Cubes

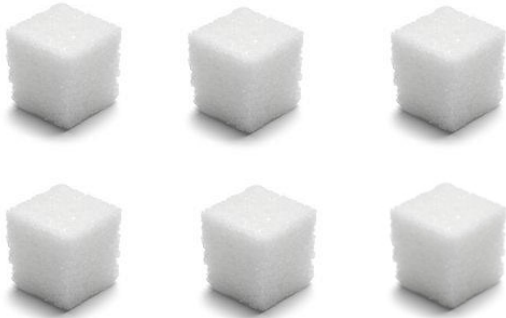


6 Cubes

6 Cubes



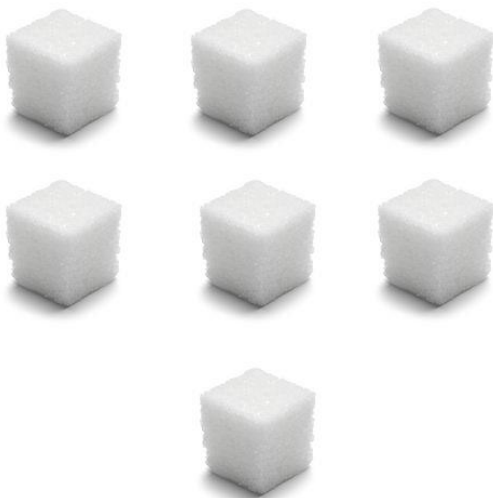
6 Cubes



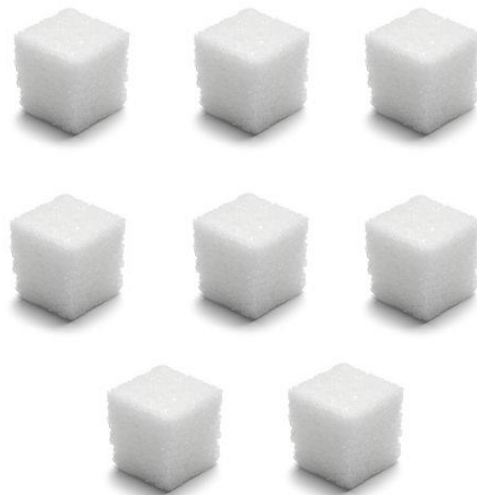
7 Cubes



7 Cubes



8 Cubes





# Sleep Well!

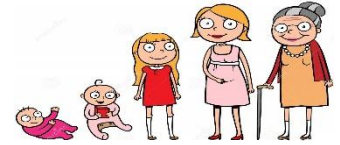
You can improve your mental and physical health by having a good night's sleep!



Supports better health:  
Reduces the risks of heart disease, type II diabetes, depression, and Alzheimer's.



Helps you feel better:  
Increases energy and prevents moodiness.



Helps with growth and development.



Improves concentration and productivity.



Strengthens your immune system.

## How much sleep do I need?



**Newborns**  
14-17 hours



**Infants**  
12-16 hours



**Toddlers**  
11-14 hours



**Preschoolers**  
10-13 hours



**School-age**  
9-11 hours



**Teens**  
8-10 hours



**Adults**  
7-9 hours



**Older Adults**  
7-8 hours

## Tips for a good sleep

- Try to follow a regular bedtime routine.
- Caffeine may impact your sleep, but everyone reacts differently to it! Know yourself and know what your cut off time should be.
- Turn off electronics at least one hour before bedtime.
- Be active during the day.
- Relax before bed.

# Activity: Star Hand Meditation

## Grade k-5

**Overview:** [5210 A Way of Life](#) is an initiative that promotes healthy behaviours and environments. The simple 5210 messages encourage eating well and being active every day, two important habits for good health. The following activity supports the “Power down! No more than 2 hours of screen time each day” message of 5210 A Way of Life. It is a screen-free activity that promotes a relaxation technique that can help students relax before bed to improve sleep quality.

### What you’ll need:

- **Sleep Well!** Handout

### Before you start:

- Use the **Sleep Well!** handout (above) to discuss the importance of proper sleep.
- Have students sit at their desk or on a mat on the floor.

### How to play:

- Have students spread one hand out in front of them like a star.
- Use the index finger of the other hand to trace the outline of your star hand.
- Take a deep breath in as you move to the top of your thumb.
- Breathe out as you move down between your thumb and first finger.
- Take another breath in as you move to the top of your first finger.
- Breathe out as you move down between your first and second finger.
- Repeat until you have taken five slow, deep breaths.
- If desired, repeat this exercise with the opposite hand.
- When you’re finished guiding students through the relaxation technique, make sure they spend at least a few minutes in quiet, encouraging them to keep their breathing slow and steady.

## **NB Curricular Outcomes**

### **Grade K-2: Healthy Lifestyles**

K 2.2 identify and explain types of activities that support a healthy lifestyle

1.3.1 understand, develop, and maintain a healthy lifestyle

1.3.3 identify habits and products that are harmful to our health

2.4.1 understand, develop, and maintain a healthy lifestyle

### **Grade 3-5: Wellness**

1.2 describe personal habits that contribute to improved health

2.1 identify sources and signs of stress as well as ways to manage it

2.2 demonstrate self-calming strategies to regulate emotional reactions

## **NB Global Competencies**

Self-Awareness and Self-Management

