

LIFE SKILLS FOR A HEALTHY BODY & MIND

EXPLORE THE OUTDOORS

The atmosphere is constantly changing, bringing new surprises every day. Get together with a nature buddy and experience Earth's wonders. How many different flowers do you see? Trees? Bugs? Stones?



SET SPENDING AND SAVING GOALS



Help with chores and put some in your savings each time. Prioritize which purchases are priority or can wait. Your savings will grow little by little.

TAKE SMALL STEPS TOWARDS WELLNESS



Explore healthier alternatives to your favorite snacks. Start small, easily achievable exercise goals (such as walking, dancing, etc) to promote long-term health and reduce the risk for conditions like diabetes.



MAKE TIME FOR SELF CARE

Feeling stressed? Ask your parent for help in finding a guided meditation video on YouTube to help balance your mind and body. Put on a face mask, listen to music, write, color, or select an activity that makes you feel at peace. Focus on relaxation.



PROMOTE INDEPENDENCE

Set goals to take the initiative of your own well-being. Ask if you can take turns cooking a meal on a weekly basis, what chores can be completed to earn allowance money, how to help with laundry, and beyond.

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A company that promotes healthy minds and bodies.



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