



Child Health Month October 2021



How many activities can you complete in 31 days?

#TNchildhealthmonth2021

- 1 **Try Yoga Poses**
Yoga can improve the strength, coordination, and flexibility of your child. Moreover, yoga lays the foundation for a fit lifestyle that children can carry with them for a lifetime.
- 2 **"Eat a Rainbow"**
Vegetables and fruits are naturally colorful, and each of those colors represents different nutrients. A fun way to teach kids the importance of eating a variety of colorful foods is to try something new. Pick a new color healthy food to try each week.
- 3 **Play Follow the Leader**
Encourage children to play follow the leader. Try to incorporate activities such as jump, skip, catch something, and more. It's a simple way to get a good workout done by children.
- 4 **Have a Dance Party**
Dancing is a fun physical activity to do. Indoors or outdoors, turn up the music, use lights or decorations for ambiance, and let your kids twist, macarena, floss, dance like their favourite animal, or freestyle their way to fun.
- 5 **Walk to School Day**
Encourage fitness by having children walk to school with parents and friends.
- 6 **Try a Food That's Your Favorite Color**
Young kids can share their favorite foods of each color. Then encourage them to add one more to their list that they want to try. Try a new food each week.
- 7 **Practice Mindful Breathing**
Mindful breathing is a building block in all mindfulness practices. Children benefit from focusing on their breathing when confronted with emotions that are hard to manage. Deep breathe in and out 10 times.
- 8 **Journal**
Encourage your children to write 3 good things they have achieved.
- 9 **Goal Setting**
Sit down together and help your children set some goals that they would like to achieve.
- 10 **Spread Kindness**
Help your children do something kind for someone they care about.
- 11 **Sharing is Caring**
Have your children think about what matters to them and encourage them to share why those things matter.
- 12 **Do the Animal Walk**
Inside or out, encourage your child to slither like a snake, hop like a frog, gallop like a horse, or walk like a bear on all fours.
- 13 **Drink More Water**
Make sure water is easy to find. The simpler it is to get, the more inclined your kids will be to drink it. Put out water at breakfast, lunch, dinner, and snack times. Try to add one more cup of water today.
- 14 **Help Kids Eat Healthier Food**
Feed your kids more fruits and vegetables, less sugar, and fewer carbonated beverages and processed foods. Have regular family meals. Be a role model by eating healthy yourself.
- 15 **Show Gratitude**
Help your children show their gratitude to people who are helping to make the world a better place.
- 16 **Grow Your Own Food**
Even a small garden is good for children, good for everybody. Planting a backyard garden with your kids is a good way to connect with nature—and a great way to have a ready supply of fresh fruits and vegetables.
- 17 **Play Hide and Seek**
Have other children play or keep a toy hidden somewhere in the house and ask your kid to find it. You can use different cues to guide him/her.
- 18 **Eat Your Veggies — Safely!**
Wash fruits and vegetables under cold running water and peel them whenever possible. Get children involved by letting them help wash and prepare the food.
- 19 **Do a Mindfulness Body Scan**
Have children lie down on their back on a comfortable surface and close their eyes; then tell them to squeeze every muscle in their body as tight as they can. After a few seconds, have them release all their muscles and relax.
- 20 **Play Simon/Simone Says**
While the rules are simple, the options for movement are endless. Simon can have kids jumping like a kangaroo, standing as tall as a house, making funny faces, standing on one foot, or waving their hands over their heads.
- 21 **Five-Finger Starfish Meditation**
Have children hold up one hand in a starfish position (fingers spread wide) while they gently trace up and down each finger with the other hand, focusing on regular breathing at the same time.
- 22 **Find Tobacco Advertising**
Tobacco use is glamorized in movies, television shows and online, but parents are the most important influences in their children's lives. Talk to your children about the harmful effects of tobacco products, including smoking and vaping.
- 23 **Don't Smoke Around Children**
Set a positive example by being vape and tobacco-free. Until you quit, choose to smoke outside. Do not smoke in your home or car and do not allow family and visitors to do so.
- 24 **Food Funny Face Plates**
As an adult, decide what whole food ingredients kids can work with — an assortment of veggies, fruits, meats, nuts and seeds — to create funny faces with food before they get to enjoy the balanced meal.
- 25 **Blowing Bubbles**
Have your kids focus on taking in a deep, slow breath, and exhaling steadily to fill the bubble. Encourage them to pay close attention to the bubbles as they form, detach, and pop or float away.
- 26 **Talk about Peer Pressure**
Know if your kids' friends use tobacco. Encourage your children to walk away from friends who don't recognize or respect their reasons for not smoking.
- 27 **The Dangers of Vaping**
Talk with children early and often about vaping, these conversations can protect children from many of the high-risk behaviors associated with e-cigarette's and other tobacco products.
- 28 **Play Throw and Catch**
There are endless ways to play with balls both indoors and outdoors. Get some fun balloon balls that bounce and stretch. Throw the balls up and try to keep them off the ground. Or you can just play ball catch.
- 29 **Mindful Walk**
Go on a mindful walk with friends and family and use your five senses to interact with the world around you.
- 30 **Enjoy the Great Outdoors**
Cut back on "screen time" and enjoy the great outdoors with time at the playground, a swim in a lake, a hike in the woods, or a walk in the park.
- 31 **Role Play Skills**
Teach your child skills to resist pressures to vape. Children in middle or high school are likely to be in social situations where they are offered an opportunity to try vaping.

For more information about Child Health Month and to find activities in your area, visit:
tn.gov/CHM2021

