

May

NEWSLETTER

Alex's Tip!

TOO MUCH SUGAR IS BAD FOR YOUR HEALTH.

Just like how candy and ice cream make things sticky, sugary drinks can make your insides sticky and slow you down. Many drinks have sugar in them, like soda and sports drinks. Healthy kids should aim for less than six teaspoons of sugar per day.



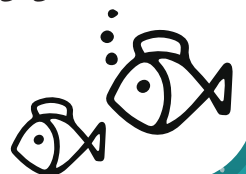
0 SUGARY DRINKS

Activity

5 SENSES SCAVENGER HUNT!

Sometimes looking around us and using our five senses helps our bodies and brains to calm down. Take a deep breath and look around! Can you think of something you can...

- See
- Hear
- Touch
- Taste
- Smell



Be Your Best YOU!

TRY SOMETHING NEW!

The next time you feel sad or worried, try some of the things below! Can you circle which ones you tried this month?



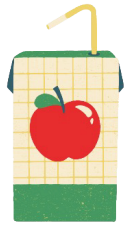
AN INDEPENDENT HEALTH FOUNDATION PROGRAM

For more information and activities visit: www.FitnessForKidsChallenge.com

2023-2024 | K-2

Challenge:

Write the beginning and ending sounds of each word below.
Which of these drinks are considered a 0 sugary drink?



U I C



O D



I L

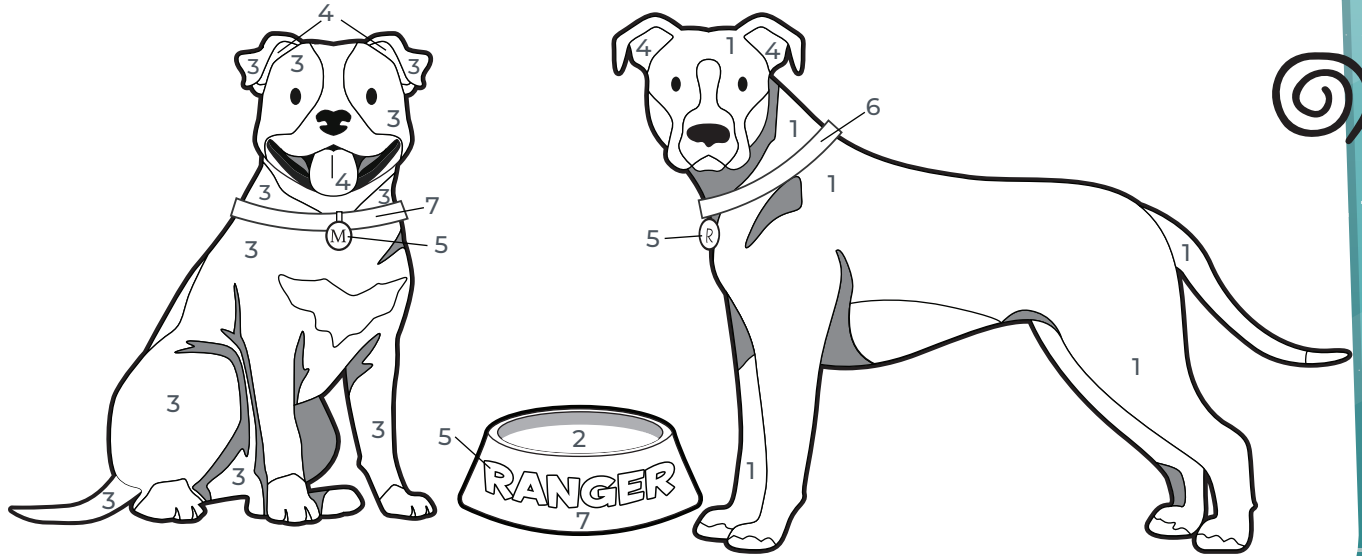


A T E



COLOR BY NUMBER

Color Ranger and his friend Maggie using the color chart. Don't forget to fill Rangers bowl with fresh water so he can share!



Name _____

Grade _____

Teacher _____

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2023-2024 | K-2