

# May

## NEWSLETTER



0 SUGARY DRINKS

### 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.



### 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! Write something you can...

See: \_\_\_\_\_

Hear: \_\_\_\_\_

Touch: \_\_\_\_\_

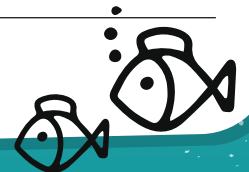
Taste: \_\_\_\_\_

Smell: \_\_\_\_\_

### Be Your Best YOU!

#### TRY SOMETHING NEW!

What are some things you can do when you are feeling sad or worried?  
Fill in the stars below!



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

# Challenge:

## CAN YOU NAME A DRINK THAT...

1. Starts with the letter C: \_\_\_\_\_
2. Has 0 grams of sugar: \_\_\_\_\_
3. Is bubbly and has 39 grams of sugar in one 12 ounce can: \_\_\_\_\_
4. Is yellow: \_\_\_\_\_
5. Contains calcium for strong bones: \_\_\_\_\_
6. Something athletes think they need but has 56 grams of sugar in it: \_\_\_\_\_
7. Is made out of fruits: \_\_\_\_\_

Which of these drinks are sugary drinks? Write the numbers on the line:

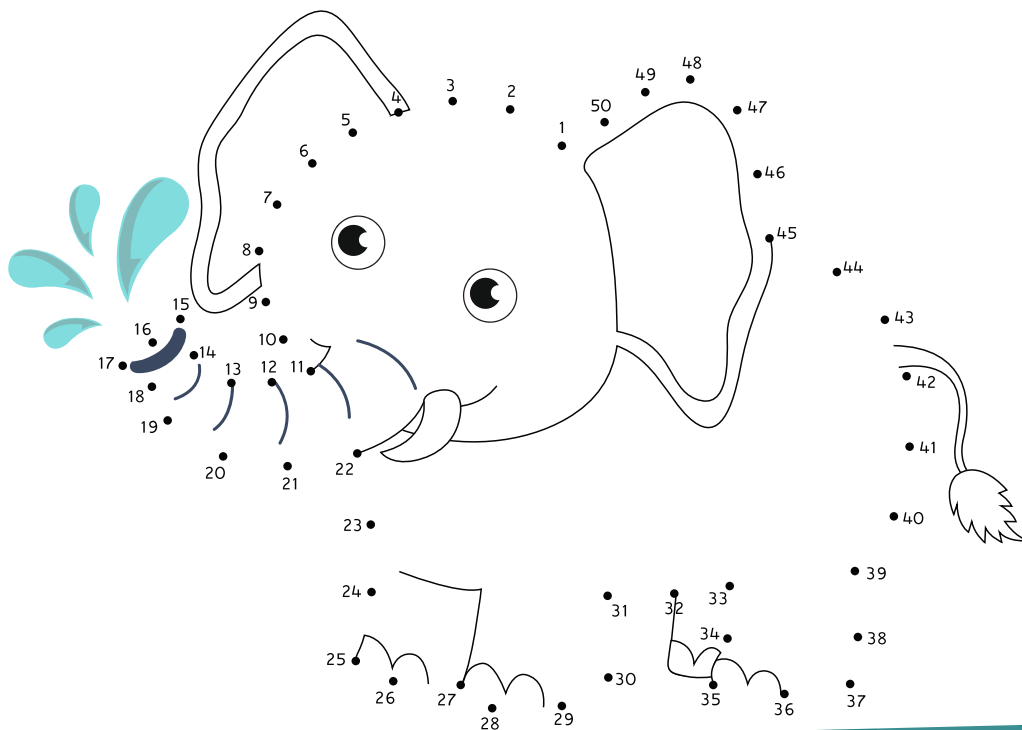
Why are sugary drinks not good for you?

What is your favorite 0 sugary drink? \_\_\_\_\_



## CONNECT THE DOTS

Connect the dots below to see who loves water!



Name \_\_\_\_\_

Grade \_\_\_\_\_

Teacher \_\_\_\_\_

For more information and activities visit: [www.FitnessForKidsChallenge.com](http://www.FitnessForKidsChallenge.com)



2023-2024 | 3-5