

HEALTH PROMOTING SCHOOLS

Your mind matters—nurture it daily

HEALTH NOTE FACTS:

Helping students develop and practice healthy living habits can improve physical and mental wellbeing. Key areas to focus on include nutrition, exercise, sleep, recreational activities, and social relationships. Strive to include these tips in your daily routine:

Exercise: Going outside for a walk and getting some fresh air will help clear your mind and boost endorphins (the natural “feel-good” brain chemical). Being physically active can help you burn off the energy generated by stress.

Practice mindfulness: Mindfulness exercises, such as deep breathing or meditation, can help you relax and stay calm during stressful situations. It is all about being in the present moment.

Healthy diet: Healthy meals and snacks such as lean proteins, whole grains, fruit, nuts, and vegetables can help the body cope with stress more easily. Plus, remember to stay hydrated, it helps you stay alert and focused.

Prioritize sleep: Sleep is important for overall health and wellbeing. Children ages 6-12 years should aim for 9-12 hours, and teens ages 13-18 years of age should aim for 8-10 hours each night to help feel rested and refreshed.

Engage in activities: It is important to have hobbies and interests to help you relax. These might include reading, playing a musical instrument, team sports, volunteering, or spending time with your pet.

RESOURCE LINKS:

[About Mindfulness — The Mindfulness Institute](#)

[Classroom Mental Health](#)

[Back to school: 50+ student wellness resources in 2025 - Kids Help Phone](#)

[7 Tips to Teach Children Mindfulness & Meditation](#)



Additional Tips:

Kindergarten to Grade 5 Resources:

- [Mind in a Jar - Planting Seeds of Mindfulness](#) - Mindfulness activity 1:13 mins.
- [Sesame Street: Common and Colbie Caillat Sing "Belly Breathe" with Elmo](#) Mindfulness and Belly Breathing with Elmo from Sesame Street 2:25 mins.
- [Breathing Butterfly Exercise \(3 sec.\)](#) - Breathing Exercise (3 Sec.) video 2:05 mins.

Grade 6-12 resources:

- [Mindfulness Exercises for Kids: Still Quiet Place](#) - Mindfulness exercises for kids, still quiet places 3:06 mins. Mindfulness exercises can be engaging and fun for kids. These exercises are of tremendous value to decrease anxiety as well as increase energy, focus, and peace in one's life.
- [Teaching Mindfulness To Children At Home And In Schools](#) - Teaching mindfulness to Children at Home and in School 3:44 mins.
- [4-7-8 Breathing Exercise](#) - Breathing exercises 3:39 mins. This is a great breathing exercise for both adults and children to help alleviate anxiety. Basic breathing exercises that encourage breath control can help release stress. Feel free to modify it so it suits your comfort level and needs.