

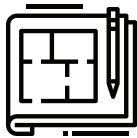


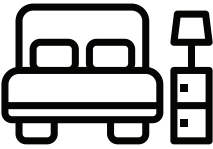
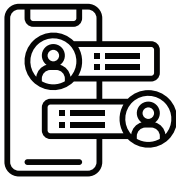
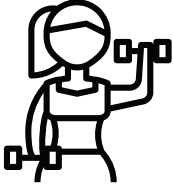






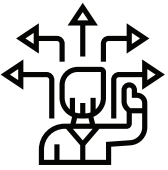




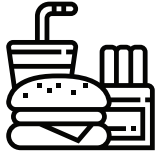









Health CHOICE BOARD

 <p>Write and send 2 “thank you” or “thinking of you” letters or cards.</p>	 <p>Make a meal or snack with a new fruit or vegetable.</p>	 <p>Draw a map of your home. Label smoke and CO detectors and fire extinguishers. Make an exit plan from each room.</p>	 <p>Design a disease prevention poster.</p>	 <p>Follow a mindfulness or meditation video or podcast.</p>
 <p>Clean and organize your bedroom.</p>	 <p>Develop a plan to help a peer who is being bullied or cyberbullied.</p>	 <p>Complete 30 minutes of physical activity.</p>	 <p>Keep a sleep log for 1 week. Research ways to improve your sleep hygiene.</p>	 <p>List 5 ways to prevent pregnancy and 5 ways to prevent sexually transmitted diseases.</p>
 <p>Create a healthy meal plan for a full week.</p>	 <p>Watch a CPR video. Practice on a doll or stuffed animal.</p>	 <p>Keep a food diary for a full day.</p>	 <p>Find the phone numbers for the Suicide Hotline, Domestic Violence Hotline, and Sexual Assault Hotline. Save them.</p>	 <p>Think of a major decision you will need to make in the next few years. Make pro/con lists.</p>
 <p>Practice deep breathing for 3 minutes. In through your nose, out through your mouth. Nice and slow.</p>	 <p>Find an ad or social media post for a health/wellness product. Research this product's claims on a reputable site.</p>	 <p>Make a list of at least 8 ways you can support a friend who is LGBTQ or a friend with a disability or mental illness.</p>	 <p>List 5 specific things your school or town could do to promote public health and healthy habits.</p>	 <p>Choose a favorite junk food or fast food meal. Research the nutrition facts and propose an alternative.</p>
 <p>Keep a journal of your moods and emotions for 1 week. Make note of things that influence your mood.</p>	 <p>Set a specific goal that you can accomplish in the next month. Make an action plan to reach your goal.</p>	 <p>Make a video about proper handwashing and/or personal hygiene.</p>	 <p>Create 3 recipes for non-alcoholic cocktails. <i>Think about mixing juices, sodas, and flavoring syrups!</i></p>	 <p>Research characteristics of healthy and unhealthy relationships. Make a plan for ensuring your relationships are healthy.</p>