



THE WELLNESS

EMPOWERMENT PLAN 

**SOCIAL MEDIA
WELLNESS**

**FOOD
IS
FUEL**

**SELF-
CONFIDENCE**

**JOYFUL
MOVEMENT**

3RD-5TH GRADE

2ND EDITION

Founder & Author: **Sarah Kay Wrenn**

WELCOME

Welcome to The Wellness Empowerment Plan Curriculum, an innovative program that revolutionizes the way we approach nutrition and exercise. Our curriculum is designed to empower individuals to nourish their bodies effectively, shifting the focus away from labeling foods as "good" or "bad." Instead, we emphasize the concept of fueling your body optimally.

Through this curriculum, students will discover that exercise is not merely about "burning calories," but rather an opportunity to find joy and fulfillment in physical activity. We aim to cultivate a mindset where exercise becomes a source of pleasure and well-being.

Moreover, our comprehensive curriculum addresses the crucial issue of promoting positive body image and self-esteem among our youth. Students will learn valuable tactics to develop a healthy relationship with their bodies, fostering a strong sense of self-worth and confidence.

In addition, we equip students with the necessary tools to navigate the world of social media mindfully. They will learn strategies to harness the positive aspects of social media while safeguarding their self-esteem against any negative influences.

Join us on this transformative journey as we empower our youth with the knowledge and skills to prioritize their health, well-being, and self-acceptance. Welcome to The Wellness Empowerment Plan!

TABLE OF CONTENTS

Acknowledgments	1
Social Media Wellness	2
Lesson 1: What's True and Not True Online	3-13
Lesson 2: How to Stay Safe Online	14-19
Lesson 3: Your Mental Health	20-27
Food is Fuel	28
Lesson 1: Fueling Your Body	29-34
Lesson 2: Building a Balanced Plate	35-39
Lesson 3: Smart Snacking	40-48
Self-Confidence	49
Lesson 1: Embracing Uniqueness	48-54
Lesson 2: Fighting Your Negative Voice	55-59
Joyful Movement	60
Lesson 1: How to be Active Everyday	61-66
Lesson 2: Rest & Recovery	67-72
Answer Keys	73-78
About the Author	79
Let's Connect	80
Resources	81

ACKNOWLEDGMENTS

Invaluable contributions were made to this curriculum by the following:

Brittany Jones
Registered Dietician

Amy Helms
Certified Eating Disorder Specialist, Registered Dietician

Dr. Quincie Moore
SC Association of School Administrator Executive Director-Elect

Rita Allison
SC Board of Education, former SC State Representative

Christina Cody
High School Educator, Wellness Advocate

Sarah Acuff
Elementary Educator

SOCIAL MEDIA WELLNESS

Standards: N-2.21, D-2.2.1, M-3.3.1, M-3.3.2, P-3.3.2 I-4.2.1, P-4.2.1

SOCIAL MEDIA WELLNESS

**LESSON 1: WHAT'S TRUE AND
NOT TRUE ONLINE**

SOCIAL MEDIA WELLNESS

Lesson objective: Students will be able to define social media, identify influencers, and understand the concept that not everything seen online is real.

Social Media Wellness Pre-Assessment

Before we begin learning about social media safety, let's check what we already know. Please answer the following questions to the best of your ability.

1. What is social media?

- a) A type of candy
- b) A way to communicate and share things online
- c) A type of tree

2. Why is it important to be safe on social media?

- a) Because it's fun
- b) Because it can help you make friends
- c) Because it can protect you from dangers like strangers online

3. How can you protect your privacy online?

- a) By sharing everything about yourself
- b) By being careful about what you share and who you share it with
- c) By not using social media at all

4. What should you do if someone is being mean to you online?

- a) Be mean back to them
- b) Ignore them and block them
- c) Share their messages with everyone

5. Why is it important to be cautious about what we see and believe online?

- a) Because everything online is true**
- b) Because not everything online is real or accurate**
- c) Because we should trust everything we see online**

6. What are sponsored posts on social media?

- a) Posts from your friends**
- b) Posts from people who are paid to talk about products or brands**
- c) Posts from famous celebrities only**

7. How can you tell if a post on social media is sponsored?

- a) It always says "Sponsored"**
- b) It looks just like any other post**
- c) It has lots of likes and comments**

8. True or False: Everything you see on social media is true.

- a) True**
- b) False**

9. Why do some people make sponsored posts about products or brands?

- a) Because they want to trick people**
- b) Because they are paid to promote those products or brands**
- c) Because they have nothing better to do**

10. How can you be a smart consumer when you see sponsored posts on social media?

- a) Believe everything you see and hear**
- b) Ask questions and do research before making decisions**
- c) Ignore sponsored posts completely**

Please answer the questions to the best of your ability. If you're not sure about a question, just take your best guess. Good luck!

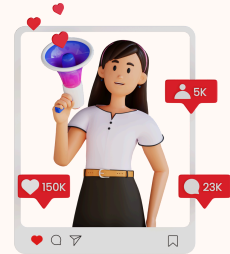


WHAT IS SOCIAL MEDIA?



Imagine social media like a big digital bulletin board where people post pictures, stories, and messages for others to see. It's a bit like having a huge online scrapbook where you can share fun things with friends and learn about what's happening in the world!

WHAT IS AN INFLUENCER?



Have you ever seen someone on the internet who seems really popular and talks about cool stuff? They might be an influencer! Influencers are like friendly guides on social media who share things they like, such as toys, clothes, or games. They show them to lots of people, like you and me, and sometimes even help us decide what we might want to try or play with.



BALANCED BREAK VIDEO

Visit thewellnessempowermentplan.com and watch Balanced Break Video 1: What's True and Not True Online

4 CORNERS ACTIVITY

For this activity, you will need to assign each corner of the classroom a number. Assign the corners by numbers 1-4.

SOCIAL MEDIA WELLNESS

NOT EVERYTHING YOU SEE ONLINE IS AS IT SEEMS

Social media is like a big library where people can share all sorts of things, like news, things they like, and stuff about themselves. But, just like in a library, not everything you see online is always true. It's like learning to tell the difference between a real story and a make-believe one.

Let's start by going through a few scenarios and determining if what you see is true or not true.



Nutrition Facts		
Serving Size 1/6 package (11g)		
Servings Per Container 6		
Amount Per Serving	As Packaged	1/2 cup Prepared With Fat Free Milk
Calories	40	80
Calories from Fat	0	0
% Daily Value**		
Total Fat 0g*	0%	0%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 320mg	13%	15%
Total Carbohydrate 8g	3%	5%
Dietary Fiber <1g	3%	3%
Sugars 0g		
Protein <1g		
Vitamin A	0%	4%
Vitamin C	0%	0%
Calcium	0%	15%
Iron	4%	4%

* Amount in dry mix. 1/2 cup prepared using fat free milk contains 12g total carbohydrate (6g sugars).
** Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: MODIFIED CORNSTARCH, COCOA PROCESSED WITH ALKALI, MALTODEXTRIN, DISODIUM PHOSPHATE AND TETRASODIUM PYROPHOSPHATE (FOR THICKENING), CONTAINS LESS THAN 2% NATURAL AND ARTIFICIAL FLAVOR, SALT, SOY LECITHIN, XANTHAN GUM, CALCIUM SULFATE, MONO- AND DIGLYCERIDES (PREVENTS FOAMING), ASPARTAMET AND ACESULFAME POTASSIUM (SWEETENERS), RED 40, YELLOW 5, BLUE 2, ARTIFICIAL COLOR, BHA (PRESERVATIVE).

†PHENYLKETONURICS: CONTAINS PHENYLALANINE

CONTAINS: SOY.

DISTRIBUTED BY:
KRAFT HEINZ FOODS COMPANY
CHICAGO, IL 60601

© KRAFT FOODS
As packaged, this product contains 40 calories. Regular Chocolate Instant Pudding contains 110 calories

PRODUCED WITH GENETIC ENGINEERING

5 min. Pudding Directions:

3 CUPS COLD FAT-FREE MILK

BEAT pudding mix and milk with whisk 2 min. Pudding will be soft-set in 5 min. Makes 6 (1/2-cup) servings. Refrigerate any leftovers. **NOTE:** Pudding will not set if made with soy milk.

What are a few things you notice when looking at this packaging? Write your observations below:

SOCIAL MEDIA WELLNESS

NOT EVERYTHING YOU SEE ONLINE IS AS IT SEEMS

LET'S TAKE A CLOSER LOOK



Here we see Jell-O claiming to be sugar free.

Nutrition Facts		
Serving Size 1/6 package (11g)		
Servings Per Container 6		
Amount Per Serving	As Packaged	1/2 cup Prepared With Fat Free Milk
Calories	40	80
Calories from Fat	0	0
% Daily Value**		
Total Fat 0g*	0%	0%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 320mg	13%	15%
Total Carbohydrate 8g	3%	5%
Dietary Fiber <1g	3%	3%
Sugars 0g		
Protein <1g		
Vitamin A	0%	4%
Vitamin C	0%	0%
Calcium	0%	15%
Iron	4%	4%

* Amount in dry mix. 1/2 cup prepared using fat free milk contains 12g total carbohydrate (6g sugars).
** Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: MODIFIED CORNSTARCH, COCOA PROCESSED WITH ALKALI, MALTODEXTRIN, DISSOLUBLE PHOSPHATE AND TETRASODIUM PYROPHOSPHATE (FOR THICKENING), CONTAINS LESS THAN 2% NATURAL AND ARTIFICIAL FLAVOR, SALT, SOY LECITHIN, XANTHAN GUM, CALCIUM SULFATE, MONO- AND DIGLYCERIDES (PREVENTS FOAMING), ASPARTAME[†] AND ACESULFAME POTASSIUM (SWEETENERS), RED 40, YELLOW 5, BLUE 2, ARTIFICIAL COLOR, BHA (PRESERVATIVE).

[†]PHENYLKETONURICS: CONTAINS PHENYLALANINE

CONTAINS: SOY.

DISTRIBUTED BY
KRAFT HEINZ FOODS COMPANY
CHICAGO, IL 60601

© KRAFT FOODS
As packaged, this product contains 40 calories. Regular Chocolate Instant Pudding contains 110 calories.

PRODUCED WITH GENETIC ENGINEERING

5 min. Pudding Directions:

3 CUPS COLD FAT-FREE MILK

BEAT pudding mix and milk with whisk 2 min. Pudding will be soft-set in 5 min. Makes 6 (1/2-cup) servings. Refrigerate any leftovers.
NOTE: Pudding will not set if made with soy milk.

But if we read the label carefully, we see that this food has some things called artificial sweeteners and additives. That means even though it doesn't have natural sugars, it still has some fake sugars in it.

LET'S TAKE A CLOSER LOOK

When you quickly look at these posts, you might not know they're sponsored. That means someone is paying them to talk about a company, product, or service. It doesn't mean they don't really like it, but it's like a job for them. They have to post to get paid. So, it's important to remember they're being paid to share about it.

Tip: Do not buy, support, or consume something just because your favorite influencer, athlete, or celebrity said to online.



TIPS FOR DETERMINING IF WHAT YOU ARE SEEING ONLINE IS TRUE

1. Know your sources.



Make sure you are getting information/news from trusted media outlets and sources.

2. Look for key words in captions like #Ad #Sponsored.



Always read the caption of a post.

3. Remember that photo editing software is used in over half of pictures posted online.



Be aware that if you see a picture online, it may have been edited to look a certain way.

4. Do your own research and ask questions.



If you see information, news, or a claim online, be sure to research on your own or ask a parent or trusted adult before forming your own opinion.

SOCIAL MEDIA WELLNESS

Social Media Wellness Post-Assessment

Now that we have completed our lesson, let's check what you've learned. Please answer the following questions to the best of your ability. Good luck!

1. What is social media?

- a) A type of candy
- b) A way to communicate and share things online
- c) A type of tree

2. Why is it important to be safe on social media?

- a) Because it's fun
- b) Because it can help you make friends
- c) Because it can protect you from dangers like strangers online

3. How can you protect your privacy online?

- a) By sharing everything about yourself
- b) By being careful about what you share and who you share it with
- c) By not using social media at all

4. What should you do if someone is being mean to you online?

- a) Be mean back to them
- b) Ignore them and block them
- c) Share their messages with everyone

5. Why is it important to be cautious about what we see and believe online?

- a) Because everything online is true
- b) Because not everything online is real or accurate
- c) Because we should trust everything we see online

6. What are sponsored posts on social media?

- a) Posts from your friends**
- b) Posts from people who are paid to talk about products or brands**
- c) Posts from famous celebrities only**

7. How can you tell if a post on social media is sponsored?

- a) It always says "Sponsored"**
- b) It looks just like any other post**
- c) It has lots of likes and comments**

8. True or False: Everything you see on social media is true.

- a) True**
- b) False**

9. Why do some people make sponsored posts about products or brands?

- a) Because they want to trick people**
- b) Because they are paid to promote those products or brands**
- c) Because they have nothing better to do**

10. How can you be a smart consumer when you see sponsored posts on social media?

- a) Believe everything you see and hear**
- b) Ask questions and do research before making decisions**
- c) Ignore sponsored posts completely**

Please answer the questions to the best of your ability. There are no right or wrong answers. If you're not sure about a question, just take your best guess. Good luck!

SOCIAL MEDIA WELLNESS

LESSON 2: HOW TO STAY SAFE ONLINE

SOCIAL MEDIA WELLNESS

Lesson objective: By the end of this lesson, students will demonstrate an understanding of essential social media safety practices.

Social Media Wellness Pre-Assessment

Before we begin learning about social media safety, let's check what we already know. Please answer the following questions to the best of your ability.

1. Which of the following should you NOT share online?
 - a) Your favorite book
 - b) Your address or phone number
 - c) Your favorite color

2. What should you do if someone you don't know tries to talk to you online?
 - a) Talk to them and make new friends
 - b) Ignore them and tell a trusted adult
 - c) Share your personal information with them

3. True or False: It's okay to meet someone in person that you only know from talking to them online.
 - a) True
 - b) False

4. What should you do if you see something on social media that makes you feel uncomfortable or scared?
 - a) Keep it to yourself
 - b) Tell a trusted adult right away
 - c) Forget about it and move on

SOCIAL MEDIA WELLNESS

5. Which of the following is a good password?

- a) Your birthday**
- b) Your pet's name**
- c) A combination of letters, numbers, and symbols that only you know**

6. How can you protect your privacy online?

- a) By sharing everything about yourself**
- b) By being careful about what you share and who you share it with**
- c) By not using social media at all**

SOCIAL MEDIA WELLNESS



BALANCED BREAK VIDEO

Visit thewellnessempowermentplan.com and watch Balanced Break Video 2: How To Stay Safe Online

Social media is like a special tool that helps you stay in touch with friends and family.



You can use it to share things you're happy about and talk about fun ideas with others. But, there are some not-so-good things about social media you should know about too.

Like when people are mean to others online, which is called **cyberbullying**.



There's also a risk that your personal information might not be safe. Sometimes, spending too much time on social media can make you feel not so great, and you might miss out on spending time with your family and friends in person. So, while social media can be fun, it's important to be careful and make sure it doesn't take over all your time.

SOCIAL MEDIA WELLNESS

SOCIAL MEDIA SAFETY TIPS

1. MAKE YOUR ACCOUNTS PRIVATE

Make sure to keep your accounts private. That means only your friends and family can see what you post. This way, you know who's looking at your stuff and it helps keep you safe online.

2. ONLY LET PEOPLE YOU KNOW FOLLOW YOU.

Do not accept follow requests from strangers.

3. DO NOT MESSAGE OR TALK TO ANYONE THAT YOU DO NOT KNOW ONLINE

It's important to remember to not talk to people you don't know online. Just like you wouldn't talk to a stranger on the street, it's the same online. Strangers on the internet might not be who they say they are, so it's best to only talk to people you know in real life, like your family and friends. If someone you don't know tries to talk to you online, it's a good idea to tell a grown-up you trust right away.

4. NEVER SHARE PERSONAL INFORMATION ONLINE

That means things like our full name, address, phone number, and school should stay secret. Sharing personal information with strangers online can be risky because we don't know who they really are.

5. MAKE SURE TO HAVE A STRONG PASSWORD

This is important for because it keeps your account safe from people who might want to play tricks or be mean. If your password is too easy, like your name or birthday, someone might guess it and get into your account. So, when you make a password, think of something special and hard for others to guess.

SOCIAL MEDIA WELLNESS

Social Media Wellness Post-Assessment

Now that we have completed our lesson, let's check what you've learned. Please answer the following questions to the best of your ability. Good luck!

1. Which of the following should you NOT share online?
 - a) Your favorite book
 - b) Your address or phone number
 - c) Your favorite color

2. What should you do if someone you don't know tries to talk to you online?
 - a) Talk to them and make new friends
 - b) Ignore them and tell a trusted adult
 - c) Share your personal information with them

3. True or False: It's okay to meet someone in person that you only know from talking to them online.
 - a) True
 - b) False

4. What should you do if you see something on social media that makes you feel uncomfortable or scared?
 - a) Keep it to yourself
 - b) Tell a trusted adult right away
 - c) Forget about it and move on

5. Which of the following is a good password?
 - a) Your birthday
 - b) Your pet's name
 - c) A combination of letters, numbers, and symbols that only you know

6. How can you protect your privacy online?
 - a) By sharing everything about yourself
 - b) By being careful about what you share and who you share it with
 - c) By not using social media at all

SOCIAL MEDIA WELLNESS

LESSON 3: YOUR MENTAL HEALTH

SOCIAL MEDIA WELLNESS

Lesson objective: By the end of this lesson, students will be able to define mental health in simple terms and understand its importance for overall well-being, recognize the potential impact of social media on mental health, including both positive and negative effects and identify strategies for promoting positive mental health while using social media, such as setting limits, seeking help from trusted adults, and practicing digital balance.

Social Media Wellness Pre-Assessment

Before we begin learning about social media safety, let's check what we already know. Please answer the following questions to the best of your ability.

- 1. What is mental health?**
 - a) Being happy all the time**
 - b) Taking care of our feelings and thoughts**
 - c) Doing lots of exercises**

- 2. True or False: Spending too much time on social media can sometimes make us feel stressed or anxious.**
 - a) True**
 - b) False**

- 3. What can we do to stay healthy while using social media?**
 - a) Always be online**
 - b) Take breaks and do other fun things**
 - c) Never talk to anyone online**

- 4. True or False: It's okay to compare yourself to others you see on social media.**
 - a) True**
 - b) False**

5. What can you do if social media makes you feel sad or upset?

- a) Keep using it until you feel better**
- b) Talk to someone you trust about how you're feeling**
- c) Stop using it forever**

6. Why is it important to take breaks from social media?

- a) Because it's boring**
- b) Because it's good for our mental health**
- c) Because our parents told us to**

7. Who can you talk to if you're feeling worried or upset about something you saw on social media?

- a) Your friends**
- b) Your parents or a trusted adult**
- c) Nobody, you should figure it out on your own**

SOCIAL MEDIA AND MENTAL HEALTH



Let's talk about how social media can sometimes make us feel not so great. Your mental health is all about how you feel and think about yourself and the world around you. When we use social media, we might see things that make us feel sad or upset.

For example, maybe you see a picture of two of your friends having fun at the pool, and you feel left out because you weren't there with them. Or maybe you see someone posting about getting a really good grade on a test, and you start to feel like you're not as smart. Sometimes, seeing someone with a cool, new video game you want can make you feel jealous because you don't have it.

But guess what? It's totally normal to feel this way sometimes! Everyone has these feelings, and you're not alone. It's important to recognize how you're feeling and know that it's okay. And remember, it's just one moment in time. There are lots of good things about you and your life that aren't always shown on social media. So, take a deep breath, and know that you're awesome just the way you are!

HOW DO WE FIX THIS?

Think about a few ways that you can help improve your mental health while using social media. Write your response below.

SOCIAL MEDIA AND MENTAL HEALTH



BALANCED BREAK VIDEO

Visit thewellnessempowermentplan.com and watch Balanced Break Video 3: Your Mental Health

STEPS TO IMPROVING MENTAL HEALTH WHILE USING SOCIAL MEDIA

1. THINK BEFORE YOU POST

When you're posting something on social media, it's important to think about how it might make others feel. Will your post make people feel happy and excited? Or will it make them feel sad, lonely, or left out? Try to make sure everything you post brings joy to others! Maybe it's a picture of you having fun with friends, sharing something cool you did, or saying something kind and encouraging. When you spread positivity, it makes the online world a happier place for everyone! So, before you hit that "post" button, take a moment to think about the impact your post might have on others. Let's make social media a place where everyone feels good!

2. DON'T COMPARE YOURSELF TO OTHERS

When we compare ourselves to others online, it's like trying to fit our puzzle piece into someone else's puzzle. But guess what? Our puzzle pieces are all special and different!

Comparing ourselves to others can make us feel sad or like we're not good enough, just because our puzzle piece doesn't fit theirs.

But here's the good news: you are amazing just the way you are! Your puzzle piece is perfect just the way it is. So, instead of comparing yourself to others online, focus on what makes you special and unique. Celebrate your own story and the awesome things that make you, YOU!

3. REMEMBER THAT SOCIAL MEDIA IS A HIGHLIGHT REEL

Let's chat about social media and what people post there. You know, when people share stuff on social media, they usually only show the best parts of their lives.

But here's the scoop: just because someone looks happy all the time online, doesn't mean they're happy all the time in real life. Everyone feels sad or left out sometimes, even if they don't post about it. So, when you're using social media, remember that what you see isn't always the whole picture.

4. TAKE BREAKS FROM SOCIAL MEDIA

Taking breaks from social media is like giving your brain a little vacation. It's important to take breaks so your brain can rest and recharge, just like you do when you take a break from playing to eat a snack or go outside for some fresh air.

When we spend too much time on social media, it can make us feel tired or even a little sad. So, by taking breaks, we give our brains a chance to relax and do other fun stuff, like playing with friends or reading a book.



SOCIAL MEDIA WELLNESS ACTIVITY

SOCIAL MEDIA WELLNESS CHECKLIST

Think about a few ways that you can make sure you are using social media in a positive way that is safe, enjoyable, and good for your mental health. Create a checklist of these things and write them below.

1.

2.

3.

4.

5.

SOCIAL MEDIA WELLNESS

Social Media Wellness Post-Assessment

Now that we have completed our lesson, let's check what you've learned. Please answer the following questions to the best of your ability. Good luck!

1. What is mental health?

- a) Being happy all the time
- b) Taking care of our feelings and thoughts
- c) Doing lots of exercises

2. True or False: Spending too much time on social media can sometimes make us feel stressed or anxious.

- a) True
- b) False

3. What can we do to stay healthy while using social media?

- a) Always be online
- b) Take breaks and do other fun things
- c) Never talk to anyone online

4. True or False: It's okay to compare yourself to others you see on social media.

- a) True
- b) False

5. What can you do if social media makes you feel sad or upset?

- a) Keep using it until you feel better
- b) Talk to someone you trust about how you're feeling
- c) Stop using it forever

6. Why is it important to take breaks from social media?

- a) Because it's boring
- b) Because it's good for our mental health
- c) Because our parents told us to

7. Who can you talk to if you're feeling worried or upset about something you saw on social media?

- a) Your friends
- b) Your parents or a trusted adult
- c) Nobody, you should figure it out on your own

FOOD IS FUEL

**Standards: N-2.1.1, N-2.5.1, N-6.2.1, N-7.2.1. P-3.3.1, N-3.3.2,
N-3.5.1, N-4.1.3, N-4.2.1, N-4.3.1, N-4.5.1**

FOOD IS FUEL

LESSON 1: FUELING YOUR BODY

FOOD IS FUEL

Lesson objective: By the end of this lesson, students will be able to understand the importance of muscles in the body and how they enable various physical activities, identify the three essential nutrients (carbohydrates, fats, and protein) that contribute to muscle health and function, explain the roles of carbohydrates, fats, and protein in providing energy, endurance, and muscle repair.

Food is Fuel Pre-Assessment

Before we begin learning about food is fuel, let's check what we already know. Please answer the following questions to the best of your ability.

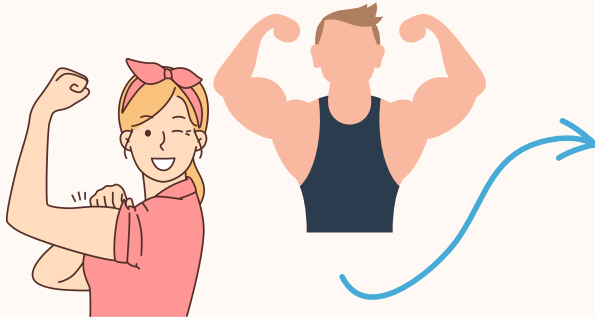
1. What do carbohydrates turn into that muscles use for energy?
 - a) Glycogen
 - b) Protein
 - c) Vitamins
2. What is the role of fats in muscle health?
 - a) They give muscles short-term energy
 - b) They help muscles grow bigger
 - c) They provide long-lasting energy to muscles
3. What do proteins do for muscles?
 - a) They repair muscles after exercise
 - b) They provide energy to muscles
 - c) They make muscles flexible
4. Why is it important for muscles to have carbohydrates, fats, and protein?
 - a) So they can grow taller
 - b) So they can repair themselves and have energy
 - c) So they can become invisible
5. What should you eat to keep your muscles strong and ready for action?
 - a) Only vegetables
 - b) Foods with carbohydrates, fats, and protein
 - c) Junk food only

FUELING YOUR BODY

MUSCLES

Let's talk about muscles and how they work. You know, muscles are like the superheroes of your body! They help you do all the fun stuff you love, like playing sports, climbing trees, and hanging out with your friends.

But did you know that muscles need special stuff to keep them strong and healthy? It's true! Just like how you need yummy food to keep your body strong, muscles need certain things too.



Using your computer, iPad, or tablet, look up foods that are good for muscles and write or draw a picture of them below:



COMPLEX CARBOHYDRATES

FATS (OMEGA 3'S)

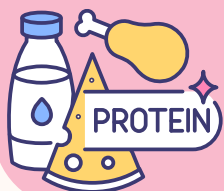


CARBOHYDRATES

First up, we have carbohydrates. They're like the fuel that gives your muscles energy to do their superhero moves! Carbohydrates turn into something called glycogen, which muscles use for energy when you're playing or running around.

FATS- OMEGA 3'S

Then, there are fats. They might sound funny, but they're actually really important for muscles too! Fats give muscles long-lasting energy, so they can keep working hard for you.



PROTEIN

PROTEIN

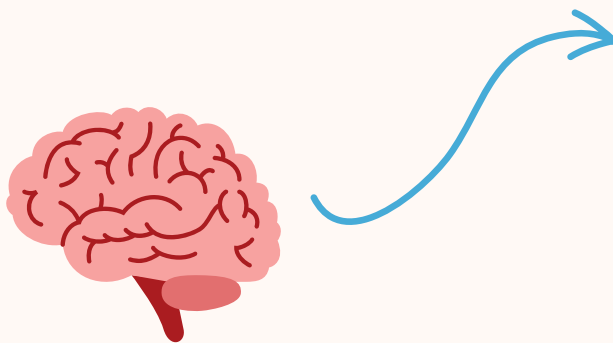
Last but not least, we have protein. Protein is like the building blocks that make your muscles strong and tough. It helps muscles grow bigger and repair themselves after you've been playing or exercising.

FUELING YOUR BODY



BALANCED BREAK VIDEO

Visit thewellnessempowermentplan.com and watch Balanced Break Video 4: Fueling Your Body



COMPLEX CARBOHYDRATES

Fruits:

Apples, Oranges,
Strawberries

Grains:

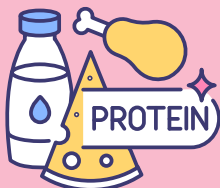
Oatmeal, Rice, Spaghetti,
Whole Wheat Bread

Veggies:

Potatoes, Corn, Beans

FATS (OMEGA 3'S)

Walnuts, Salmon, Avocados,
Pecans



PROTIEN

Greek Yogurt, Milk, Eggs,
Cheese, Chicken, Meats

COMPLEX CARBOHYDRATES

First up, we have carbohydrates. They're like the number one fuel for your brain! When you eat carbs, your body turns them into energy right away. It's like pressing a button to make your brain go "zoom" so you can do your best in school and play.

FATS- OMEGA 3'S

Next, we have fats. Did you know your brain is mostly made of fat? Yep, about 70% of your brain is fat! So, eating fats from food helps your brain learn and remember things better.

PROTEIN

Last but not least, we have protein. Protein is like the building blocks that make your brain's messengers happy.

These messengers, called neurotransmitters, help your body do all sorts of cool stuff! When you eat protein, it helps keep your brain's messengers strong and ready to tackle any task, even cleaning your room!

FUELING YOUR BODY

Let's talk about calcium and vitamin D!

The recommended **calcium** intake for 9-18 year olds is **1,300 mg.**

The recommended **vitamin D** intake for 9-18 year olds is **600 IU.**

CALCIUM

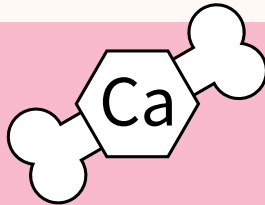
First up, we have calcium. It's like the superhero that helps build and keep our bones and teeth strong. Without calcium, our bones wouldn't be as sturdy, and our teeth wouldn't be as tough. Calcium also helps our muscles work properly and keeps our blood flowing smoothly.

VITAMIN D

Next, we have vitamin D. It's like the sidekick that helps calcium do its job. You see, our bodies need vitamin D to absorb calcium from the food we eat. But here's the trick: vitamin D needs fat to travel around our bodies. So, eating foods with fat helps vitamin D do its job and makes sure our bones stay strong and healthy.

Using your computer, iPad, or tablet, search for foods that provide calcium and Vitamin D.

CALCIUM



VITAMIN D



FOOD IS FUEL

Food is Fuel Post-Assessment

Now that we have completed our lesson, let's check what you've learned. Please answer the following questions to the best of your ability. Good luck!

1. What do carbohydrates turn into that muscles use for energy?
 - a) Glycogen
 - b) Protein
 - c) Vitamins

2. What is the role of fats in muscle health?
 - a) They give muscles short-term energy
 - b) They help muscles grow bigger
 - c) They provide long-lasting energy to muscles

3. What do proteins do for muscles?
 - a) They repair muscles after exercise
 - b) They provide energy to muscles
 - c) They make muscles flexible

4. Why is it important for muscles to have carbohydrates, fats, and protein?
 - a) So they can grow taller
 - b) So they can repair themselves and have energy
 - c) So they can become invisible

5. What should you eat to keep your muscles strong and ready for action?
 - a) Only vegetables
 - b) Foods with carbohydrates, fats, and protein
 - c) Junk food only

FOOD IS FUEL

LESSON 2: BUILDING A BALANCED PLATE

FOOD IS FUEL

Lesson objective: By the end of this lesson, students will be able to identify the five main food groups and understand their importance in maintaining a balanced diet, recognize the role of carbohydrates, proteins, fats, fruits, vegetables, and dairy in supporting overall health and well-being, demonstrate an understanding of recommended daily servings for each food group based on age and activity level and apply knowledge of nutrition guidelines to make informed food choices that promote growth, energy, and overall health.

Food is Fuel Pre-Assessment

Before we begin learning about food is fuel, let's check what we already know. Please answer the following questions to the best of your ability.

1. Which nutrient provides energy for our bodies and should make up the largest portion of our daily diet?

- a) Protein
- b) Fruits
- c) Carbohydrates

2. How many cups of fruits and vegetables should most fourth graders aim to eat each day?

- a) 1-2 cups of fruits and 1-2 cups of vegetables
- b) 3-4 cups of fruits and vegetables combined
- c) 5-6 cups of fruits and vegetables combined

3. How many servings of dairy products should most fourth graders aim to have each day?

- a) 1 cup
- b) 2-2.5 cups
- c) 3 cups

4. Which food group includes foods like bread, rice, and pasta, and should be a part of every meal?

- a) Carbs
- b) Protein
- c) Dairy

FUELING YOUR BODY

BUILDING A BALANCED PLATE



BALANCED BREAK VIDEO

Visit thewellnessempowermentplan.com and watch Balanced Break Video 5: Building a Balanced Plate

Let's talk about how to fuel our bodies to be the best version of you!

Just like a car needs the right kind of fuel to run smoothly, our bodies need the right kind of food to work their best!

So, what does a balanced plate look like?

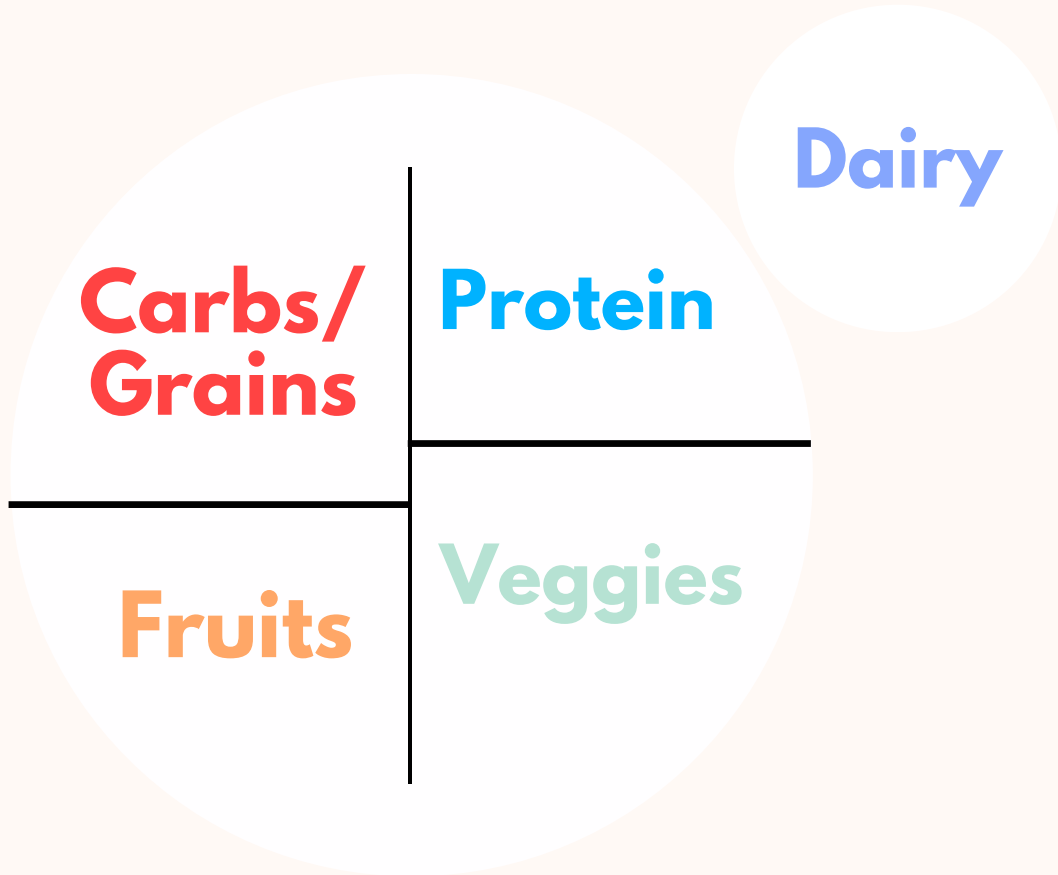


Well, it's like a yummy rainbow of different foods!



You want to make sure you have grains or starches (which give you energy), fruits and vegetables (which give you vitamins and minerals), protein (which helps you grow strong), fats (which keep you full and help your brain), and dairy (which gives you calcium for strong bones). Imagine your plate like a superhero team, with each food playing its own special role to help you be your strongest, smartest, and healthiest self!

FUELING YOUR BODY



Using your computer, iPad, or tablet, research to find the recommended daily intake for carbs/grains, protein, fruits, vegetables, dairy for 9-13 year olds.

Carbs/Grains

_____ ounces

Protein

_____ ounces

Dairy

_____ cups

Fruits

_____ cups

Veggies

_____ cups

Hint: Check out myplate.gov!

FOOD IS FUEL

Food is Fuel Post-Assessment

Now that we have completed our lesson, let's check what you've learned. Please answer the following questions to the best of your ability. Good luck!

1. Which nutrient provides energy for our bodies and should make up the largest portion of our daily diet?

- a) Protein
- b) Fruits
- c) Carbohydrates

2. How many cups of fruits and vegetables should most fourth graders aim to eat each day?

- a) 1-2 cups of fruits and 1-2 cups of vegetables
- b) 3-4 cups of fruits and vegetables combined
- c) 5-6 cups of fruits and vegetables combined

3. How many servings of dairy products should most fourth graders aim to have each day?

- a) 1 cup
- b) 2-2.5 cups
- c) 3 cups

4. Which food group includes foods like bread, rice, and pasta, and should be a part of every meal?

- a) Carbs
- b) Protein
- c) Dairy

FOOD IS FUEL

LESSON 3: SMART SNACKING

FOOD IS FUEL

Lesson objective: By the end of this lesson, students will be able to demonstrate an understanding of building a balanced and nutritious snack by correctly answering questions about the main food groups, the importance of balanced snacking, and identifying examples of protein-rich and calcium-rich snacks.

Food is Fuel Pre-Assessment

Before we begin learning about food is fuel, let's check what we already know. Please answer the following questions to the best of your ability.

1. What are the main food groups in a balanced diet?
 - a) Fruits, vegetables, meats, dairy, and grains (carbs)
 - b) Fruits, vegetables, proteins, fats, and sugars
 - c) Fruits, vegetables, grains (carbs), proteins, and dairy

2. Why is it important to eat a balanced snack?
 - a) Because it tastes good
 - b) Because it helps our bodies grow strong and healthy
 - c) Because it's fun

3. Which of the following is an example of a protein-rich snack?
 - a) Apple slices
 - b) Cheese stick
 - c) Potato chips

4. What is a good source of carbohydrates for a snack?
 - a) Broccoli
 - b) Whole grain crackers
 - c) Almonds

5. Which snack is a healthy choice for providing calcium?
 - a) Carrot sticks
 - b) Yogurt
 - c) Popcorn

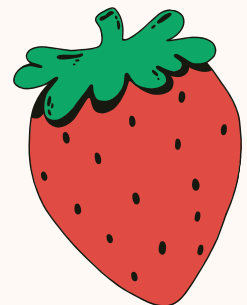
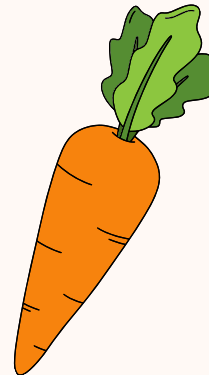


BALANCED BREAK VIDEO

Visit thewellnessempowermentplan.com and watch Balanced Break Video 6: Smart Snacking

ALL FOODS PROVIDE US WITH ENERGY

It is important to incorporate all foods into your daily snacks & meals. Think about some of your favorite foods that you like to enjoy. How do you feel after eating this food?

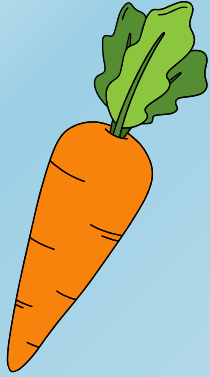


WHAT ARE HEALTHY EATING HABITS?

- Eating all 3 meals everyday.
- Enjoying all foods from chocolate to carrots.
- Eating when you feel hungry.
- Eating a snack before exercise or activity and afterwards.

BUILDING A SNACK

Carrots



Think about how you feel after eating carrots for a snack. Do you feel satisfied and full? Do you feel energized? Write your response below.

Cupcake



Think about how you feel after eating a cupcake for a snack. Do you feel satisfied and full? Do you feel energized? Write your response below.

BUILDING A SNACK



Carrots are a yummy snack that's good for you! They have something called carbohydrates and fiber, which are like little helpers for our bodies. When you eat carrots, they can give you a little boost of energy, help your tummy feel good, and keep you hydrated because they have lots of water inside.

But, if you only eat carrots for a snack, you might not feel full or have enough energy for a long time. It's like having a snack that's really tasty, but it might not keep you full until dinner time.



Cupcakes are super yummy treats! They have something called carbohydrates, sugars, and fats, which give us energy and make them taste delicious. When you eat a cupcake, it can give you a quick burst of energy and make you feel really happy because it tastes so good! It's like having a little party in your mouth!

But, even though cupcakes are tasty, it's important to remember that they're just one part of a balanced diet. Eating a cupcake is perfectly fine, but it might not keep you feeling full or give you enough energy for a long time. That's why it's a good idea to eat something else along with your cupcake, like fruits or veggies.

BUILDING A SNACK

Cheese

Cheese is like a yummy block of goodness! It's full of calcium, which helps keep our bones and teeth strong. Plus, it has protein, which helps our muscles grow strong too.

Crackers

Crackers are like crunchy bites of fun! They're made with grains (carbs), which give us energy to run, jump, and play. Some crackers even have whole grains, which are even better because they have lots of fiber to keep our tummies happy.

Yogurt

Yogurt helps us grow strong with protein and it makes our bones and teeth healthy with calcium. It also has tiny helpers called probiotics that keep our tummies happy. Plus, it gives us energy with vitamins and minerals!

Veggies and Dip

Vegetables are packed with important vitamins, minerals, and fiber that help our bodies grow strong and healthy. They give us energy and keep us feeling full and satisfied. Dip adds flavor to the vegetables and makes them tastier. It can be made with yogurt, hummus, or other healthy ingredients, adding protein and extra nutrients to the snack.

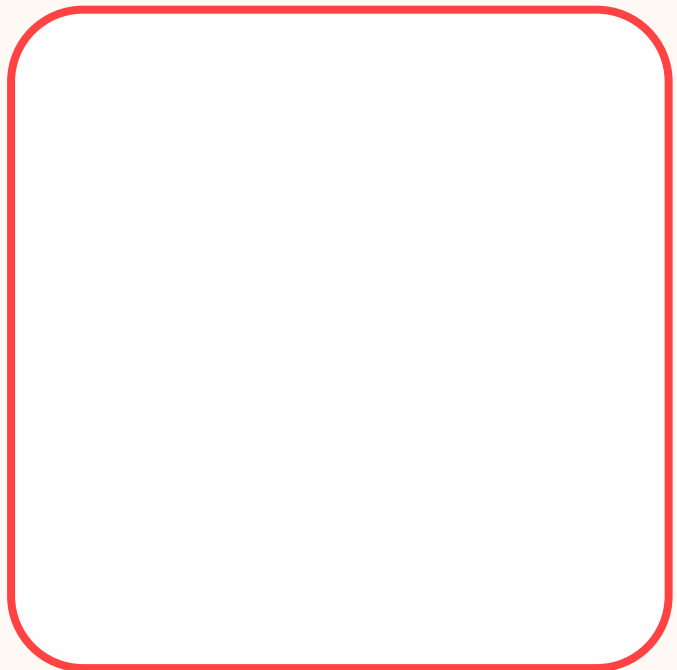
BUILDING A SNACK ACTIVITY WORD BANK

CARBOHYDRATES	PROTEIN	FATS
Goldfish Crackers Apple Banana Tortilla Chips Granola Chocolate Oreos Ice Cream Popcorn Pretzels Bagel	Cheese Stick Greek Yogurt Cottage Cheese Egg Meats Milk Turkey or Ham Slices	Nuts Peanut Butter Almond Butter Hummus Guacamole Avocado Walnuts

Think about one of your favorite snacks or choose from the word bank. Draw it below.



Think about what you can add to this snack to make it even more satisfying, filling, and energizing. Draw it below.



FOOD IS FUEL

Food is Fuel Post-Assessment

Now that we have completed our lesson, let's check what you've learned. Please answer the following questions to the best of your ability. Good luck!

1. What are the main food groups in a balanced diet?
 - a) Fruits, vegetables, meats, dairy, and grains (carbs)
 - b) Fruits, vegetables, proteins, fats, and sugars
 - c) Fruits, vegetables, grains (carbs), proteins, and dairy

2. Why is it important to eat a balanced snack?
 - a) Because it tastes good
 - b) Because it helps our bodies grow strong and healthy
 - c) Because it's fun

3. Which of the following is an example of a protein-rich snack?
 - a) Apple slices
 - b) Cheese stick
 - c) Potato chips

4. What is a good source of carbohydrates for a snack?
 - a) Broccoli
 - b) Whole grain crackers
 - c) Almonds

5. Which snack is a healthy choice for providing calcium?
 - a) Carrot sticks
 - b) Yogurt
 - c) Popcorn

OPTIONAL REVIEW ACTIVITY

RECOMMENDED DAILY INTAKE BRACELET

Utilizing beads to represent each component of your plate, create a bracelet to help you remember to meet your daily recommended intake!

HINT: 1 CUP = 8 OUNCES

1 Bead = 1 Cup 1 White Bead = 1 Ounce

Using mathematics, figure out how many beads of each color you will need.

Carbs/Grains

_____ pink or red beads

Protein

_____ blue beads

Dairy

_____ purple beads

Fruits

_____ yellow or orange beads

Veggies

_____ green beads

SHOW YOUR WORK HERE:

SELF- CONFIDENCE

**Standards: M-2.1.1, M-2.1.3, M-3.1.1, M-3.2.1, M-3.4.1, M-4.1.1,
M-4.2.1**

SELF- CONFIDENCE

LESSON 1: EMBRACING UNIQUENESS

SELF-CONFIDENCE

Lesson objective: By the end of this lesson, students will be able to recognize and appreciate their own uniqueness and the uniqueness of their classmates, demonstrating understanding through written reflection on what makes them different and special.

Self-Confidence Pre-Assessment

Before we begin learning about self-confidence, let's check what we already know. Please answer the following questions to the best of your ability.

1. What makes each person unique and special?
 - a) Having the same appearance as everyone else
 - b) Having different strengths, hobbies, likes and dislikes, and personalities
 - c) Having identical features to others

2. Why is it important to recognize and appreciate our uniqueness?
 - a) Because we want to be like everyone else
 - b) Because it helps us understand and respect each other
 - c) Because it's not important to be different

3. True or False: Each person is different only on the outside.
 - a) True
 - b) False

4. What would the world be like if everyone was the same?
 - a) Boring
 - b) Exciting
 - c) It wouldn't make a difference

5. What are some examples of things that make each person unique?
 - a) Different eye colors, hobbies, and personalities
 - b) Identical features to others
 - c) Having the same strengths and likes as everyone else

SELF-CONFIDENCE



Look around at your classmates. Notice that each and everyone of you is different. You have different hair colors, skin colors, eye colors, heights, and so much more. That is what makes each of you so unique and special. However, you aren't just different on the outside. Each of you is different on the inside as well. Each of you has different strengths, hobbies, likes and dislikes, personalities, and that is what makes YOU stand out as a person. If we were all the same, then the world would be a much less exciting place. Take a few minutes to think about what makes you different and unique. Write your response below.



BALANCED BREAK VIDEO

Visit thewellnessempowermentplan.com and watch Balanced Break Video 7: Embracing Uniqueness

SELF-CONFIDENCE ACTIVITY



Everyone has things that they are really good at called strengths! An example of someone's strengths are being great at math, being a good friend, or being a great gymnast. Think of your Top 10 Strengths and list them below. Then, we will take turns sharing our strengths with the class.

1. *I can make a difference*
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

SELF-CONFIDENCE

Self-Confidence Post-Assessment

Now that we have completed our lesson, let's check what you've learned. Please answer the following questions to the best of your ability. Good luck!

1. What makes each person unique and special?
 - a) Having the same appearance as everyone else
 - b) Having different strengths, hobbies, likes and dislikes, and personalities
 - c) Having identical features to others
2. Why is it important to recognize and appreciate our uniqueness?
 - a) Because we want to be like everyone else
 - b) Because it helps us understand and respect each other
 - c) Because it's not important to be different
3. True or False: Each person is different only on the outside.
 - a) True
 - b) False
4. What would the world be like if everyone was the same?
 - a) Boring
 - b) Exciting
 - c) It wouldn't make a difference
5. What are some examples of things that make each person unique?
 - a) Different eye colors, hobbies, and personalities
 - b) Identical features to others
 - c) Having the same strengths and likes as everyone else

SELF- CONFIDENCE

LESSON 2: FIGHTING YOUR NEGATIVE VOICE

SELF-CONFIDENCE

Lesson objective: By the end of this lesson, students will understand the importance of positive self-talk and be able to apply daily positive affirmations to boost self-esteem and confidence.

Self-Confidence Pre-Assessment

Before we begin learning about self-confidence , let's check what we already know. Please answer the following questions to the best of your ability.

1. What is positive self-talk?
 - a) Saying mean things about ourselves
 - b) Saying nice things about ourselves
 - c) Not talking to ourselves at all

2. Why is it important to practice daily positive affirmations?
 - a) Because they make us feel worse about ourselves
 - b) Because they boost our self-esteem and confidence
 - c) Because they don't make any difference

3. Where should you tape the picture with positive affirmations?
 - a) In your school bag
 - b) In a place you will see it every day, like on your bathroom mirror or beside your bed
 - c) In your toy box

4. When should you repeat the positive statements to yourself?
 - a) Only when you're feeling sad
 - b) Only when you're feeling happy
 - c) When you wake up and before you go to bed

5. What is the purpose of saying daily positive affirmations?
 - a) To make others feel bad
 - b) To boost your self-esteem and confidence
 - c) To criticize yourself



SELF-CONFIDENCE ACTIVITY



BALANCED BREAK VIDEO

Visit thewellnessempowermentplan.com and watch Balanced Break Video 8: Fighting Your Negative Voice

Have you ever heard of criticizing? Criticizing means finding problems or mistakes in something. Sometimes we criticize ourselves. We are often our toughest critics. Criticizing ourselves means saying mean things about ourselves, either in our head or out loud. For example, saying "I am terrible at math" or "I will never be good enough to make the soccer team" are examples of criticizing ourselves.

I like to give this mean voice inside our heads a name. I call her/him Tilly. I give her/him a name because I would never talk to someone else this way. If I did, I would be a bully. So, why should I talk to myself in this way?

Whenever these negative thoughts start to come up, I respond by saying...
"I know this is you ,Tilly , and you are not welcome here."

GIVE YOUR NEGATIVE VOICE A NAME

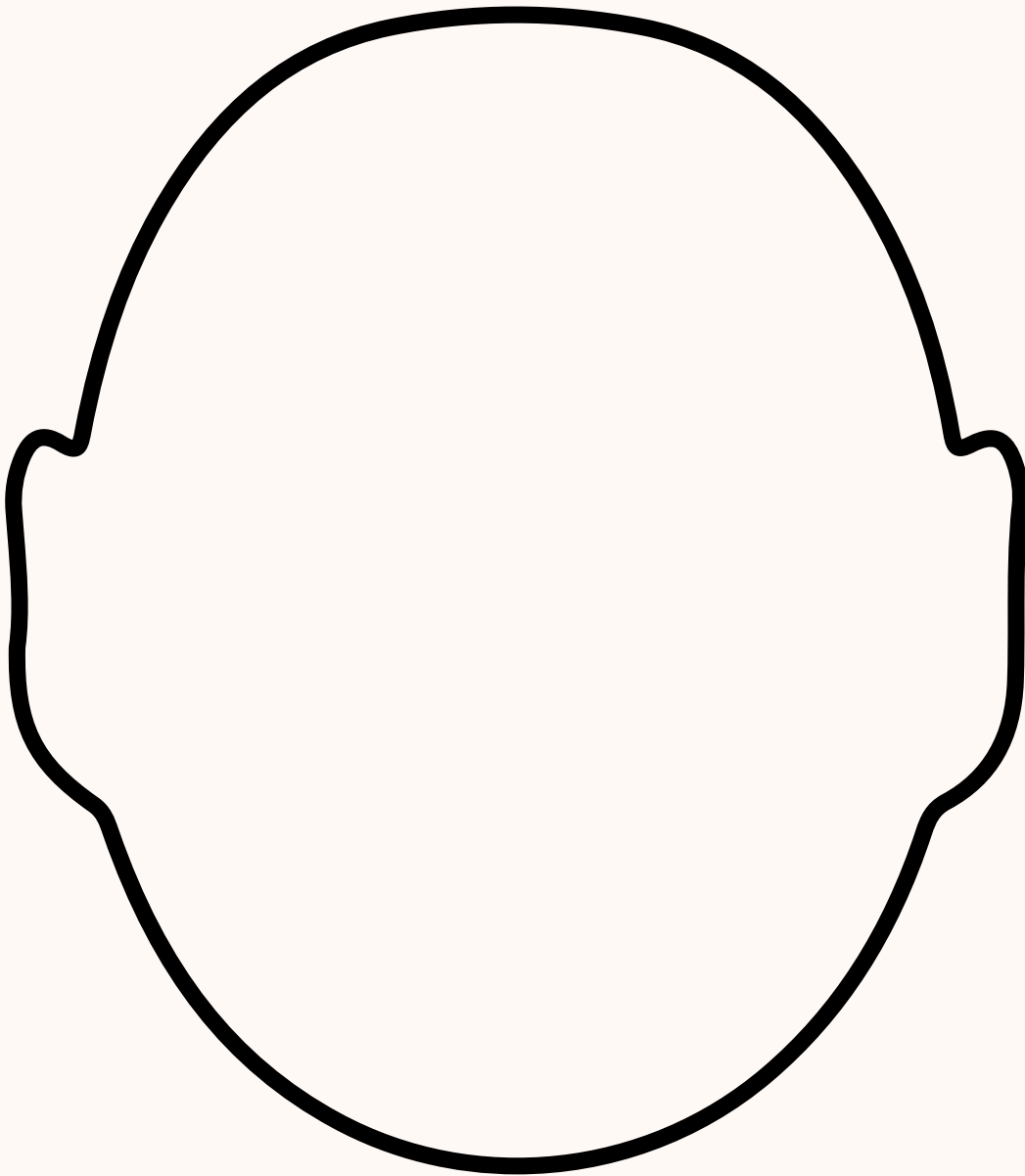
PRACTICE SAYING OUT LOUD:

"I KNOW THIS IS YOU, _____, AND YOUR ARE NOT
WELCOME HERE."



SELF-CONFIDENCE ACTIVITY

Let's practice using our positive voice! Draw yourself below. Then, fill the page with positive things about yourself. Examples include "I am smart", "I am kind", "I am a good friend".



Tape this picture in a place you will see it every day, like on your bathroom mirror or beside your bed. Repeat each one of your positive statements to yourself when you wake up and before you go to bed.

SELF-CONFIDENCE

Self-Confidence Post-Assessment

Now that we have completed our lesson, let's check what you've learned. Please answer the following questions to the best of your ability. Good luck!

1. What is positive self-talk?

- a) Saying mean things about ourselves
- b) Saying nice things about ourselves
- c) Not talking to ourselves at all

2. Why is it important to practice daily positive affirmations?

- a) Because they make us feel worse about ourselves
- b) Because they boost our self-esteem and confidence
- c) Because they don't make any difference

3. Where should you tape the picture with positive affirmations?

- a) In your school bag
- b) In a place you will see it every day, like on your bathroom mirror or beside your bed
- c) In your toy box

4. When should you repeat the positive statements to yourself?

- a) Only when you're feeling sad
- b) Only when you're feeling happy
- c) When you wake up and before you go to bed

5. What is the purpose of saying daily positive affirmations?

- a) To make others feel bad
- b) To boost your self-esteem and confidence
- c) To criticize yourself

JOYFUL MOVEMENT

**Standards: N-2.1.2, N-2.3.1, N-2.6.2, N-3.1.5, P-3.1.3, N-3.6.1,
N-4.1.5, N-4.2.1, N-4.6.1, N-4.6.2**

JOYFUL MOVEMENT

LESSON 1: HOW TO BE ACTIVE
EVERYDAY

JOYFUL MOVEMENT

Lesson objective: By the end of this lesson, students will understand that exercise can be enjoyable and fun, and they will be able to identify different activities they enjoy for staying active.

Joyful Movement Pre-Assessment

Before we begin learning about joyful movement, let's check what we already know. Please answer the following questions to the best of your ability.

1. Why is it important to make exercise fun?
 - a) Because exercise should always be easy
 - b) Because fun exercise helps us stay active and healthy
 - c) Because exercise is not important for our bodies

2. What are some examples of fun exercise activities?
 - a) Sitting and watching TV
 - b) Playing tag, dancing, or hiking
 - c) Doing homework or chores

3. How much exercise should you aim for each day, according to recommendations?
 - a) 60 minutes daily
 - b) 10 minutes daily
 - c) No exercise is needed

4. How does fun exercise make us feel?
 - a) Tired and bored
 - b) Happy and energized
 - c) Sad and frustrated

5. According to recommendations, how many days per week should you engage in muscle-strengthening activities?
 - a) 5 days
 - b) 2-3 days
 - c) 1 day



MOVEMENT SHOULD FEEL GOOD!

Let's talk about something super important: exercise and movement. Now, you might have heard grown-ups talking about exercise like it's a big, serious thing. But guess what? It doesn't have to be! Exercise can be fun and exciting, just like playing your favorite games or dancing to your favorite songs.

You see, our bodies are like super cool machines that need to move and stretch to stay healthy and strong. When we exercise, it helps our hearts pump blood, our muscles get stronger, and our brains feel happier. Plus, it's a great way to have fun with our friends and family!

Sometimes, though, people talk about exercise like it's a punishment or something you have to do because you ate too many cookies or watched too much TV. But that's not true at all! Exercise should never be something you dread doing. Instead, it should be something you look forward to because it makes you feel good inside and out.

So, let's change the way we think about exercise! Let's make it fun and exciting! You can play tag with your friends, jump rope, ride your bike, dance around your room, or even go for a nature walk with your family. The possibilities are endless! Remember, exercise is not about being perfect or doing the most push-ups. It's about moving your body in ways that make you happy and healthy. So, let's get moving, have fun, and enjoy every moment of it!



BALANCED BREAK VIDEO

Visit thewellnessempowermentplan.com and watch Balanced Break Video 9: How to be Active Everyday

JOYFUL MOVEMENT

It is so important to move your body everyday. This will keep your heart healthy, lungs healthy, and help you grow to be strong!



RECOMMENDED DAILY ACTIVITY LEVELS

The Center for Disease Control and Prevention (CDC) recommends that 6-17 year olds get:

60 minutes or more of physical activity per day!

Muscle and Bone strengthening activities 3 days a week.



EXAMPLES OF MUSCLE AND BONE STRENGTHENING ACTIVITIES

Climbing
Jumping
Lunges
Squats
Push-Ups
Jump Rope
Gymnastics

Think about ways that you move your body everyday (riding your bike, playing tag, gymnastics class, etc.). How does each activity make you feel? Does it make you feel happy, energized, or excited? Write your response below.

JOYFUL MOVEMENT ACTIVITY



1. Write down the name of your favorite way to move your body or exercise.

2. Describe what you do during this activity.

3. Write down how you feel while doing this activity.

4. Explain why you like this activity and why you think it's fun.

5. Decide how often you would like to do this activity during the week and write down the days.

JOYFUL MOVEMENT

Joyful Movement Post-Assessment

Now that we have completed our lesson, let's check what you've learned. Please answer the following questions to the best of your ability. Good luck!

1. Why is it important to make exercise fun?

- a) Because exercise should always be easy
- b) Because fun exercise helps us stay active and healthy
- c) Because exercise is not important for our bodies

2. What are some examples of fun exercise activities?

- a) Sitting and watching TV
- b) Playing tag, dancing, or hiking
- c) Doing homework or chores

3. How much exercise should you aim for each day, according to recommendations?

- a) 60 minutes daily
- b) 10 minutes daily
- c) No exercise is needed

4. How does fun exercise make us feel?

- a) Tired and bored
- b) Happy and energized
- c) Sad and frustrated

5. According to recommendations, how many days per week should you engage in muscle-strengthening activities?

- a) 5 days
- b) 2-3 days
- c) 1 day

JOYFUL MOVEMENT

LESSON 2: REST & RECOVERY

JOYFUL MOVEMENT

Lesson objective: By the end of this lesson, students will demonstrate an understanding of the body's signals for rest, hydration, and nutrition after exercise or movement, and they will be able to identify strategies for maintaining their physical well-being, including listening to their body's cues, stretching, getting adequate sleep, and staying hydrated through drinking water.

Joyful Movement Pre-Assessment

Before we begin learning about joyful movement, let's check what we already know. Please answer the following questions to the best of your ability.

1. What does it mean when your body feels tired after running around at recess?

- a) Your body needs a break and some rest
- b) Your body wants to play more
- c) Your body needs more food

2. Why is it important to stretch after exercise?

- a) To make your muscles tighter
- b) To relax your muscles and keep them flexible
- c) Stretching is not important after exercise

3. How many hours of sleep does your body need each night to stay healthy and strong?

- a) 6-8 hours
- b) 9-12 hours
- c) 4-6 hours

4. What does it mean when your body sweats during exercise?

- a) Your body is getting colder
- b) Your body is losing water and needs hydration
- c) Your body is getting stronger

5. After exercise, it is important to replenish your body with _____ to stay hydrated.

- a) Water
- b) Soda
- c) Juice

JOYFUL MOVEMENT REST & RECOVERY



BALANCED BREAK VIDEO

Visit thewellnessempowermentplan.com and watch Balanced Break Video 10: Rest and Recovery

Did you know that your body is super smart? It can tell you when it needs things like rest, food, or water. It's almost like your body is talking to you, saying, "I am tired, I need rest" or "I am thirsty, I need water."

It's really important to listen to your body when it's trying to tell you something, especially after you've been moving and playing around. So, let's think about how our bodies feel after exercise or movement.

Do you ever feel tired after running around at recess or playing your favorite sport? Or maybe your muscles feel a little bit sore after dancing or jumping around? That's your body telling you it needs a break and some rest.

And what about thirst? Have you ever felt really thirsty after playing outside on a hot day? That's your body's way of saying it needs some water to stay hydrated.

Sometimes, after all that moving and playing, you might also feel hungry.

Your body needs fuel to keep going, just like a car needs gas to run! So, let's take a moment to think about how our bodies feel after exercise or movement. Grab a pencil and write down your thoughts below.

JOYFUL MOVEMENT



REST & RECOVERY

HOW CAN YOU HELP YOUR BODY RECOVERY AFTER MOVEMENT?



REST

Did you know that your body needs lots of sleep to stay healthy and strong? Yep, that's right! You need about 9-12 hours of sleep each night. That might sound like a lot, but sleep is super important for helping your body rest and recharge. So, make sure to listen to your body when it feels tired and get enough sleep every night. That way, you'll wake up feeling energized and ready to tackle the day!

STRETCH



Did you know that every time you move your body, you use your muscles? Yep, it's true! Whether you're running, jumping, or playing tag with your friends, your muscles are working hard to help you move. But here's the thing: if you don't stretch after all that movement, your muscles might get tight and sore. Ouch! Nobody wants that, right? That's why it's really important to stretch after exercise. Stretching helps your muscles relax and stay flexible. It's like giving them a little massage to say thank you for all their hard work! Plus, stretching feels really good and can help you feel more relaxed and calm.

JOYFUL MOVEMENT REST & RECOVERY



It is recommended to drink **8 glasses** of water a day!



FUEL

Remember when we talked about food being fuel? Well, it's true! After any kind of movement, like playing outside or running around with your friends, your body needs some fuel to keep going. That's why it's important to eat a snack after exercise. Eating a snack helps replenish your body with energy so you can have the power to do all the fun stuff you have planned, like school, sports practice, homework, reading, and more!

HYDRATE

Have you ever noticed that your body sweats when you're playing outside or running around with your friends? Yep, that's your body's way of cooling down and staying healthy. But did you know that when you sweat, you lose water from your body?

That's where drinking water comes in! It's super important to drink plenty of water during and after exercise to replenish your body from what was lost through sweating. This helps keep you hydrated and prevents you from feeling thirsty or dizzy.

So, next time you're playing sports, riding your bike, or just having fun outside, make sure to take regular water breaks. Sip on water throughout the day and after you're done playing to keep your body happy and healthy.

JOYFUL MOVEMENT

Joyful Movement Post-Assessment

Now that we have completed our lesson, let's check what you've learned. Please answer the following questions to the best of your ability. Good luck!

1. What does it mean when your body feels tired after running around at recess?

- a) Your body needs a break and some rest
- b) Your body wants to play more
- c) Your body needs more food

2. Why is it important to stretch after exercise?

- a) To make your muscles tighter
- b) To relax your muscles and keep them flexible
- c) Stretching is not important after exercise

3. How many hours of sleep does your body need each night to stay healthy and strong?

- a) 6-8 hours
- b) 9-12 hours
- c) 4-6 hours

4. What does it mean when your body sweats during exercise?

- a) Your body is getting colder
- b) Your body is losing water and needs hydration
- c) Your body is getting stronger

5. After exercise, it is important to replenish your body with _____ to stay hydrated.

- a) Water
- b) Soda
- c) Juice

ANSWER KEY

Social Media Wellness Lesson 1: What's True and Not True Online Assessment Answers

1. What is social media?
 - Correct Answer: b) A way to communicate and share things online
2. Why is it important to be cautious about what we see and believe online?
 - Correct Answer: b) Because not everything online is real or accurate
3. How can you protect your privacy online?
 - Correct Answer: b) By being careful about what you share and who you share it with
4. What should you do if someone is being mean to you online?
 - Correct Answer: b) Ignore them and block them
5. Why is it important to be cautious about what we see and believe online?
 - Correct Answer: b) Because not everything online is real or accurate
6. What are sponsored posts on social media?
 - Correct Answer: b) Posts from people who are paid to talk about stuff
7. How can you tell if a post on social media is sponsored?
 - Correct Answer: a) It says "Sponsored"
8. True or False: Everything you see on social media is true.
 - Correct Answer: b) False
9. Why do some people make sponsored posts about stuff?
 - Correct Answer: b) Because they get money to talk about it
10. How can you be a smart consumer when you see sponsored posts on social media?
 - Correct Answer: b) Ask questions and do research before making decisions

ANSWER KEY

Social Media Wellness Lesson 2: How To Stay Safe Online Assessment Answers

1. Which of the following should you NOT share online?
 - Correct Answer: b) Your address or phone number
2. What should you do if someone you don't know tries to talk to you online?
 - Correct Answer: b) Ignore them and tell a trusted adult
3. True or False: It's okay to meet someone in person that you only know from talking to them online.
 - Correct Answer: b) False
4. What should you do if you see something on social media that makes you feel uncomfortable or scared?
 - Correct Answer: b) Tell a trusted adult right away
5. Which of the following is a good password?
 - Correct Answer: c) A combination of letters, numbers, and symbols that only you know
6. How can you protect your privacy online?
 - Correct Answer: b) By being careful about what you share and who you share it with

Social Media Wellness Lesson 3: Your Mental Health

1. What is mental health?
 - Correct Answer: b) Taking care of our feelings and thoughts
2. True or False: Spending too much time on social media can sometimes make us feel stressed or anxious.
 - Correct Answer: a) True
3. What can we do to stay healthy while using social media?
 - Correct Answer: b) Take breaks and do other fun things
4. True or False: It's okay to compare yourself to others you see on social media.
 - Correct Answer: b) False

ANSWER KEY

5. What can you do if social media makes you feel sad or upset?

- Correct Answer: b) Talk to someone you trust about how you're feeling

6. Why is it important to take breaks from social media?

- Correct Answer: b) Because it's good for our mental health

7. Who can you talk to if you're feeling worried or upset about something you saw on social media?

- Correct Answer: b) Your parents or a trusted adult

Food is Fuel Lesson 1: Fueling Your Body Assessment Answers

1. What do carbohydrates turn into that muscles use for energy?

- Correct Answer: a) Glycogen

2. What is the role of fats in muscle health?

- Correct Answer: c) They provide long-lasting energy to muscles

3. What do proteins do for muscles?

- Correct Answer: a) They repair muscles after exercise

4. Why is it important for muscles to have carbohydrates, fats, and protein?

- Correct Answer: b) So they can repair themselves and have energy

5. What should you eat to keep your muscles strong and ready for action?

- Correct Answer: b) Foods with carbohydrates, fats, and protein

Food is Fuel Lesson 2: Building a Balanced Plate Assessment Answers

1. Which nutrient provides energy for our bodies and should make up the largest portion of our daily diet?

- Correct Answer: c) Carbohydrates

2. How many cups of fruits and vegetables should most fourth graders aim to eat each day?

- Correct Answer: c) 5-6 cups of fruits and vegetables combined

3. How many servings of dairy products should most fourth graders aim to have each day?

- Correct Answer: c) 3 cups

ANSWER KEY

4. Which food group includes foods like bread, rice, and pasta, and should be a part of every meal?

- **Correct Answer: a) Carbs**

Food is Fuel Lesson 2: Building a Balanced Plate Activity Answers

- **Fruit: 2.5 Cups**
- **Vegetables: 3.5 Cups**
- **Carbs/Grains: 10 Ounces**
- **Protein: 7 Ounces**
- **Dairy: 3 Cups**

Food is Fuel Lesson 3: Smart Snacking Assessment Answers

1. What are the main food groups in a balanced diet?

- **Correct Answer: c) Fruits, vegetables, grains (carbs), proteins, and dairy**

2. Why is it important to eat a balanced snack?

- **Correct Answer: b) Because it helps our bodies grow strong and healthy**

3. Which of the following is an example of a protein-rich snack?

- **Correct Answer: b) Cheese stick**

4. What is a good source of carbohydrates for a snack?

- **Correct Answer: b) Whole grain crackers**

5. Which snack is a healthy choice for providing calcium?

- **Correct Answer: b) Yogurt**

Food is Fuel Lesson 3: Smart Snacking Activity Answers

- **1 pink or red bead & 2 white beads**
- **1 blue bead or 7 white beads**
- **3 purple beads**
- **2 orange or yellow beads & 4 white beads**
- **3 green beads & 4 white beads.**

ANSWER KEY

Self-Confidence Lesson 1: Embracing Uniqueness

1. What makes each person unique and special?

- Correct Answer: b) Having different strengths, hobbies, likes and dislikes, and personalities

2. Why is it important to recognize and appreciate our uniqueness?

- Correct Answer: b) Because it helps us understand and respect each other

3. True or False: Each person is different only on the outside.

- Correct Answer: b) False

4. What would the world be like if everyone was the same?

- Correct Answer: a) Boring

5. What are some examples of things that make each person unique?

- Correct Answer: a) Different eye colors, hobbies, and personalities

Self-Confidence Lesson 2: Fighting Your Negative Voice

1. What is positive self-talk?

- Correct Answers: b) Saying nice things about ourselves

2. Why is it important to practice daily positive affirmations?

- Correct Answer: b) Because they boost our self-esteem and confidence

3. Where should you tape the picture with positive affirmations?

- Correct Answer: b) In a place you will see it every day, like on your bathroom mirror or beside your bed

4. When should you repeat the positive statements to yourself?

- Correct Answer: c) When you wake up and before you go to bed

5. What is the purpose of saying daily positive affirmations?

- Correct Answer: b) To boost your self-esteem and confidence

Joyful Movement Lesson 1: How to be Active Everyday Assessment Answers

1. Why is it important to make exercise fun?

- Correct Answer: b) Because fun exercise helps us stay active and healthy

ANSWER KEY

2. What are some examples of fun exercise activities?

- Correct Answer: b) Playing tag, dancing, or hiking

3. How much exercise should you aim for each day, according to recommendations?

- Correct Answer: a) 60 minutes daily

4. How does fun exercise make us feel?

- Correct Answer: b) Happy and energized

5. According to recommendations, how many days per week should you engage in muscle-strengthening activities?

- Correct Answer: b) 2-3 days

Joyful Movement Lesson 3: Rest and Recovery Assessment Answers

1. What does it mean when your body feels tired after running around at recess?

- Correct Answer: a) Your body needs a break and some rest

2. Why is it important to stretch after exercise?

- Correct Answer: b) To relax your muscles and keep them flexible

3. How many hours of sleep does your body need each night to stay healthy and strong?

- Correct Answers: b) 9-12 hours

4. What does it mean when your body sweats during exercise?

- Correct Answer: b) Your body is losing water and needs hydration

5. After exercise, it is important to replenish your body with _____ to stay hydrated.

a) Water

b) Soda

c) Juice

5. After exercise, it is important to replenish your body with _____ to stay hydrated.

- Correct Answer: a) Water

ABOUT THE AUTHOR:

SARAH KAY WRENN



B.S. Marketing

Brand Communications, minor

- American Council on Exercise Certified Personal Trainer, Group Fitness Instructor, & Nutrition Coach

Hi! My name is Sarah Kay Wrenn and after nearly a decade of struggling with food freedom, overexercise, and the immense pressure to fit into the “appearance ideal” that society has created, I became victim to eating disorder behaviors. My recovery journey opened my eyes to a new mindset surrounding health, fitness, and wellness. I knew that I had found what I was most passionate about: The Wellness Empowerment Plan- Seeing Health & Wellness Through a New Lens. My mission is to bring awareness to how diet culture elicits unhealthy behaviors that could lead to the development of eating disorders. Eating disorders are among the deadliest mental illnesses, ranking second, with nearly 30 million Americans left to suffer from an eating disorder in their lifetime. My efforts to combat eating disorders through challenging the “diet” mentality that is prevalent in society is emphasized through various initiatives that I started to implement on my universities campus and at various high-school and middle-schools across the state.

Upon reflection, I realized that I never truly grasped the genuine meaning of nutrition during my formative years. I was simply told to eat my vegetables and avoid “junk food.” This realization motivated me to create something extraordinary for our youth—an innovative approach to nutrition education that empowers them to fuel their bodies optimally, both mentally and physically. As I delved into my research, I came across a striking statistic from Time Magazine: by the time they reach the fourth grade, 80% of all children have been on a diet. This revelation, coupled with the absence of in-patient eating disorder treatment facilities in South Carolina, solidified the urgent need for us to take decisive action against eating disorders in our state.

By shifting the mindset around food and exercise, starting with our youth, we can effectively prevent the development of eating disorders. Together, we must go the extra mile to fight against these destructive conditions and pave the way for a healthier future in South Carolina.

LET'S CONNECT

For more information about The Wellness Empowerment Plan, please visit thewellnessempowermentplan.com.

Check out **The Wellness Empowerment Pod** on **Apple Podcast or Spotify!**

By opening the conversation to discuss diet culture with esteemed women from various backgrounds and relevant experiences, Sarah Kay is ensuring that people receive credible and accurate tactics to improve body image, develop a balanced mindset around exercise, and revive their relationship with food. This podcast has reached hundreds of individuals from all over the country, including New York, South Carolina, and even worldwide by having Cleo Oldham, an Intuitive Eating Coach and BS Exercise Scientist from Ilkley, England as a guest! After the success of season 1, with nearly 5,000 downloads in just 4 months, I launched season 3 in March 2024.

Want to collaborate? Reach out directly to Sarah Kay by email at Sarahwrenn66@gmail.com

RESOURCES

“Calcium (for Parents) - Nemours Kidshealth.” Edited by Mary L. Gavin, KidsHealth, Feb. 2021, kidshealth.org/en/parents/calcium.html#cathealthy-eating.

“Kids.” MyPlate, www.myplate.gov/life-stages/kids. Accessed 3 June 2023.

Statistics & Research on Eating Disorders.” National Eating Disorders Association, 14 July 2021, www.nationaleatingdisorders.org/statistics-research-eating-disorders?gclid=CjwKCAjwyeujBhA5EiwA5WD7_d_K9-_0eumsJbWkJ_xqUou1ijA-JCJqdt7KSKvnpamj4BIWB4yABxoCz7kQAvD_BwE.

“Youth Physical Activity Guidelines.” Centers for Disease Control and Prevention, 24 Jan. 2017, www.cdc.gov/healthyschools/physicalactivity/guidelines_backup.htm#:~:text=Children%20and%20adolescents%20should%20have,least%203%20days%20a%20week.



THE WELLNESS

EMPOWERMENT PLAN



Welcome to The Wellness Empowerment Plan Curriculum, where a revolution in health and wellness begins. In a world inundated with conflicting messages about nutrition and exercise, we offer a refreshing approach that empowers individuals to nourish their bodies effectively, without the constraints of "good" or "bad" labels on food.

Our curriculum goes beyond mere physical activity—it's about finding joy and fulfillment in movement, shifting the focus from calorie burning to embracing exercise as a pathway to holistic well-being. We believe in cultivating a mindset where fitness becomes a source of pleasure, not punishment.

But our mission doesn't stop there. We address the critical issue of body image and self-esteem head-on, providing students with the tools they need to develop a positive relationship with their bodies. In a world dominated by social media, we guide them in navigating these platforms mindfully, ensuring that self-esteem remains intact amidst the noise.

Join us in empowering the next generation to prioritize their health, happiness, and self-acceptance. Together, let's embark on a transformative journey towards holistic wellness. Welcome to The Wellness Empowerment Plan!