

Choose ONE Thing Photo Challenge!

Choose one thing - something **specific** and **manageable** - that will move you and your family in the direction of better health. Think "baby steps." Even small changes can make a big difference! Start with something from the Wow Us With Wellness Challenge for inspiration or talk with your family and make up your own. For instance, if your family struggles to get enough sleep, choose to go to bed 15 minutes earlier every night or to establish a better sleep routine. Schedule regular check-ins to talk as a family about your progress, encourage each other to stay on track, and focus on the positive change(s) you've made together.

Additional Choose ONE thing ideas -

- Reduce or eliminate sugary drinks.
- Eat more vegetables and/or add new vegetables to your routine.
- Eat dinner together as a family whenever possible without any "screens" nearby.
- Eat consciously - decide to eat only while sitting down, not standing, put your fork down between each bite you eat, chew thoroughly.
- Plan/prepare healthy meals and snacks in advance.
- Turn off/put away your electronics one hour before bed.
- Add 10-15 minutes of extra physical activity to your day - play catch, take a family walk after supper, learn a new dance move...
- Put on your helmet every time you bike (or scooter, rollerblade, etc.)
- Practice mindful breathing daily*

*Check out resources for mindful breathing and more at www.dispta.org/wow

** Don't forget to share your commitment to "Choose ONE Thing" in 2020 and inspire others to also make a change. Finish the sentence "I/We choose to ____ in 2020" on a dry erase board or blank paper. Then, take a photo of yourself (and family) illustrating the behavior and holding the sign - or if you prefer, add a text box to your photo. Email to Nurse Cohen (cohen@bcsdschools.net) or send to your homeroom teacher.