

PowerSkills



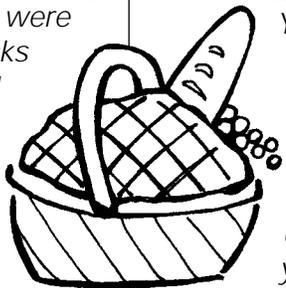
Healthy Schools Healthy Communities

Healthy Schools - Healthy Living - Healthy Families

Food for Thought!

Here's your chance to enjoy nutritious snacks and lunches. Make a list of healthy foods available - include a food item from the four food groups. Survey students in your class/school to find out which healthy foods they would eat if they were available for snacks and lunch. Based on the results:

- Host a food fair with all the different foods available for sampling.
- Help your parents make healthy snacks and lunches for your family.
- Organize a healthy snacks/lunch month at your school where you can share these treats with your classmates.
- Create a recipe book with all of these wonderful snacks and lunches - give every classmate a copy!



Just Imagine!

Have you ever imagined yourself as an athlete in the Olympics? You see, feel, hear, even taste everything that happens when you are at this place. Visualize yourself at the event you are representing Canada in. You can hear the crowds going wild - chanting your name - your heart is racing and you are anxiously awaiting the start of your event. Describe what you saw, felt, heard, tasted. How did it make you feel?

Use imagery by thinking about what you see, hear, and feel while participating in your favourite activity?

Write a short story describing your Olympic dream using imagery.

The Power of Postive Thinking!

Picturing yourself successfully doing an activity helps you to perform more successfully!



Lead the pack

Become a leader within your family by organizing a family physical activity (ie. nature hike, outdoor co-operative game). Ask your family and friends what physical activities they like to do each season. Create a list of activities that you can hang on the refrigerator. Track your family's activities. Make a graph of the results.

For your next family gathering organize a touch football game with your families; or host a road hockey game with adults and children playing together in a safe area; or a game of baseball in the park.

- Take or draw pictures of the experience and make a scrap book and show others.
- Involve your neighbours and create a healthy community.

