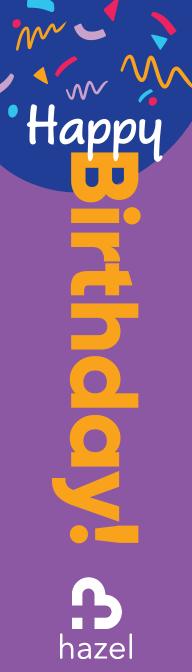


When you feel better, you learn better!



Hazel provides health care services in school and at home.



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- 1 Wet hands with water
- 2 Apply soap
- **3** Rub hands together for 20 seconds
- 4 Rinse your hands clean
- 5 Dry your hands or let them air dry
- 6 Use a towel to turn off water

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Your heart beats about
100,000 times a day

about the

Human

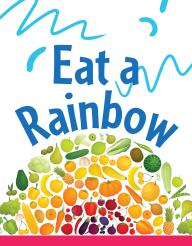
Body

Fun

Fact

- You can produce enough saliva to fill
 2 bathtubs every year
- 12% of people dream in black and white
- The human nose can recognize a trillion different scents
- You have more than 600 muscles and 200 bones in your body
- Your fingernails grow 5x faster than your toenails
- A human sneeze can travel 100 mph





Strawberries, bell peppers, tomatoes, red onion, watermelon, and apple

Orange, carrot, mango, papaya, and sweet potato

Banana, pineapple, corn, and potato

Lettuce, kiwi, cucumber, snap peas, broccoli, and bok choy

Blueberry, grapes, plums, blackberries, and eggplant







Fruits and Vegetables



Hours or Less of Screen Time



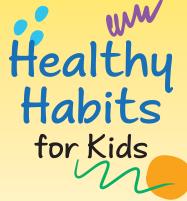
Hour or More of Physical Activities



Sugary Drinks

9 or More Hours of Sleep





- Eat healthy food
- Drink water
- Be active!
- Brush your teeth twice a day
- Be kind to yourself and others
- Get lots of sleep
- Wash your hands
- Take a bath or shower every day
- Read a book
- Do an art project

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- 1 Get enough sleep (8-10 hours a night)
- 2 Be active daily
- 3 Take deep breaths
- 4 Listen to music
- 5 Draw or dance
- 6 Eat a healthy diet
- 7 Think positively
- 8 Talk to someone you trust
- 9 Limit caffeine (1 cup a day max)



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Components of A Healthy Balanced Diet

- Protein: include seafood, beans, nuts, eggs, lean meats, and poultry.
- 2 Whole Grains: choose whole grains over refined items when selecting breads, buns, bagels, tortillas, pastas, and other grains.
- **3 Veggies:** choose a variety of colorful veggies including green, red, and orange.
- 4 Fruits: focus on whole fruits that are fresh, frozen, canned or dried.
- 5 Dairy: choose yogurt, lower-fat cheese, and milk.
- **6 Water:** be sure to drink water throughout the day.



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- Hard boiled eggs
- Celery and nut butter
- Cucumbers
- Dried fruit
- Unsweetened raisins
- Sunflower seeds
- Rice cakes

- Orange or clementine
- String cheese
- Popcorn
- Bell peppers
- Banana with nut butter
- Applesauce
- Edamame
- Hummus and carrots

Cottage Cheese

- Nuts Berries
- Apple slices

Yogurt



l am not available.

Sorry, but I am not interested.

l don't want to do that.

No.

How to Set Healthy Boundaries

- 1 Clearly identify your boundary
- 2 Understand why you need the boundary
- 3 Be straight forward and confident when you communicate
- 4 Don't apologize for your boundary
- **5** Use a calm and polite tone
- 6 Address boundary violations
- 7 Use a support system
- 8 Trust your intuition



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When you feel better, you learn better!



- 1 Eat breakfast
- 2 Avoid skipping meals
- 3 Cut back on soda and added sugar
- 4 Practice moderation
- 5 Drink lots of water
- 6 Plan healthy snacks







Grab a healthy snack

- Apple slices
- Nuts
- Rerries
- Cottage Cheese

- Yogurt

- Hummus and carrots

- Edamame
- Applesauce
- Banana with nut butter

Orange or clementine

 Celery and nut butter Hard boiled eggs

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 Bell peppers Popcorn String cheese

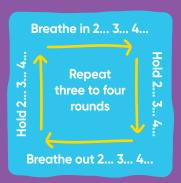
 Rice cakes Sunflower seeds Unsweetened raisins

 Dried fruit Cucumbers

Square Breathing Steps to relax & calm your body and mind

Breathe out slowly, releasing all the air from your lungs.

Breathe in through your nose as you slowly count to four in your head. Be conscious of how the air fills your lungs & stomach.



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- 9 Limit caffeine (1 cup a day max)
- vou trust
- 8 Talk to someone
- 7 Think positively
- 5 Draw or dance

6 Eat a healthy diet

- 4 Listen to music
- **3** Take deep breaths
- 2 Be active daily
- 1 Get enough sleep (8-10 hours a night)

