



**HAPPY
BIRTH
DAY**



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**When
you feel
better,
you learn
better!**



**Hazel provides
health care
services
in school and
at home.**

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Happy

**Birth
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How to Wash hands

- 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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Fun Facts

about the

Human Body

- Your heart beats about **100,000** times a day
- 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

Eat a Rainbow



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



x
5210+
Every Day!
w



Fruits and
Vegetables



Hours or Less
of Screen
Time



Hour or More
of Physical
Activities



Sugary
Drinks



9 or More
Hours of
Sleep

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Healthy Habits for Kids



- 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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9 tips to reduce stress



- 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

- 1 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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Grab a healthy snack!

- Apple slices
- Nuts
- Berries
- Cottage Cheese
- Yogurt
- Hummus and carrots
- Edamame
- Applesauce
- Banana with nut butter
- Bell peppers
- Popcorn
- String cheese
- Orange or clementine
- Rice cakes
- Sunflower seeds
- Unsweetened raisins
- Dried fruit
- Cucumbers
- Celery and nut butter
- Hard boiled eggs

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I am not available.

No.

Sorry, but I am not interested.

I don't want to do that.

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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6 Healthy Eating Tips

- 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





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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.

Breathe in 2... 3... 4...

Hold 2... 3... 4...

Repeat
three to four
rounds

Hold 2... 3... 4...

Breathe out 2... 3... 4...



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