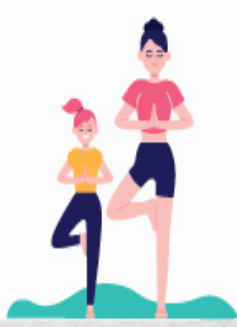


# DEDICATE A *Week* FOR YOUR CHILD'S WELL-BEING

## MONDAY



Focus on mental health and building mindful thinking

### Activities

- ✓ Play-based yoga
- ✓ Journaling
- ✓ Breathing exercises

Focus on promoting healthy eating habits

### Activities

- ✓ Cooking and food test
- ✓ Gardening
- ✓ Food art

## TUESDAY



## WEDNESDAY



Focus on encouraging physical activity

### Activities

- ✓ Walking and sports
- ✓ Limiting screen time
- ✓ Household chores

Focus on promoting learning

### Activities

- ✓ Discussions
- ✓ Talent shows
- ✓ Arts and crafts

## THURSDAY



## FRIDAY



Focus on family time

### Activities

- ✓ Creating a family care plan
- ✓ Connecting with family members
- ✓ Speaking about goals and concerns

## Reference

- 1 Every Kid Healthy Week; AFHK