



Family Wellness Week

Each day after school, families can do one easy activity at home to be healthy together!



Movement Monday

Anything physical counts like a walk, dance party, fetch with the dog or a game of tag.

Movement is good for your heart and boosts your mood.



Together Tuesday

Share a healthy snack or meal together. Ask each other fun questions like, "What superpower would you want?"

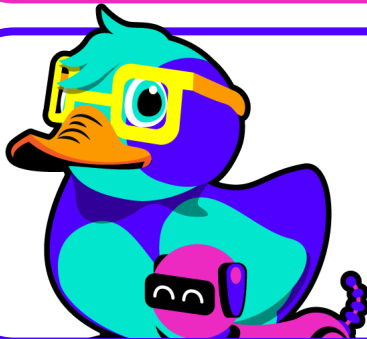
Sharing a meal brings you closer and supports healthy eating.



Wellness Wednesday

Take 5 DEEP breaths with a long sigh out after each one - this is perfect to try at bedtime.

Getting enough sleep boosts your overall well-being.



Thoughtful Thursday

Spread some kindness together! Give a compliment, smile or leave a nice note for a neighbor.

Acts of kindness can increase self-esteem and lower stress.



Finn's Friday

You can learn lifesaving CPR in only 90 seconds by completing Finn's Mission!

Register and watch the video at [heart.org/schools](https://www.heart.org/schools)