LEVEL UP!
with Wellness Summer 2023

My Wellness Challenge Booklet!
Welcome to Level Up! with Wellness 2023!

What is Level Up! with Wellness?
Scan the QR code to learn!

How to Register?
Scan the QR code to register!

1. Register for the program!
2. Complete the weekly level challenges!
3. Have fun!

Contact Us!
(435)752-6263
jenna.dyckman@usu.edu
https://extension.usu.edu/cache/
The 6 Levels

01  Physical Activity
02  Fruits & Veggies
03  Screen Time
04  Routine of Clean
05  Kindness
06  Be prepared!

Level Up! with Wellness 2023
Level 1

Physical Activity

I can build a strong skeleton as I play for 60 minutes a day!

Level Challenge:
Play outside for 60 minutes a day

Level Up! with Wellness 2023
**STRONG SKELETON**

**WHAT IS PEAK BONE MASS?**
Peak bone mass is the strongest the bones of my skeleton can be.

Right now, I am _____ years old. When I turn 25, my skeleton will reach peak bone mass. I have _____ years until my skeleton reaches peak bone mass.

**WHY IS PEAK BONE MASS IMPORTANT?**
Eating healthy foods and being active each day will help my muscles and bones grow strong.

**CALCULATE HOW MANY YEARS UNTIL YOU REACH PEAK BONE MASS**

\[
25 - _____ = ____________
\]

(my age)

(amount of years until I reach peak bone mass)

**HOW CAN I BUILD AND PROTECT MY BONES?**

- **Wear a helmet**
- **Eat foods with a lot of calcium**
- **Wear a seatbelt in the car**
- **Choose not to smoke or drink alcohol**
- **Participate in activities like basketball, hopscotch, jump rope, and running**

Level Up! with Wellness 2023
Find the Bones
PRACTICE SAYING THE NAMES FOR DIFFERENT BONES IN YOUR BODY

- **SKULL**
- **CLAVICLE** (KLA-VUH-KUL)
- **HUMERUS** (HYU-MUR-US)
- **RIBS**
- **PELVIS**
- **PHALANGES** (FA-LAN-GEESS)
- **FEMUR** (FEE-MUR)

As I grow, my bone mass increases until it reaches peak bone mass.

I CAN MAKE GOOD CHOICES TO HELP KEEP THE BONES IN MY SKELETON STRONG!

Level Up! with Wellness 2023
Calcium & My Bones

WHAT IS CALCIUM?
CALCIUM IS A MINERAL
OUR BODY NEEDS TO
STAY HEALTHY.

HOW DOES CALCIUM HELP ME?
OUR BODY USES CALCIUM TO MAKE OUR
TEETH AND BONES HEALTHY AND STRONG.
CALCIUM IS ALSO USED TO HELP OUR
MUSCLES MOVE AND OUR HEART PUMP.

What foods contain Calcium?
Unscramble the words below to find out what foods contain calcium to keep your bones strong!
Use the pictures as a hint!

LIMK _______________________
GORTUY _____________________
ECHESS _____________________
CIE ACRME ___________________
BCICLOOR ___________________
HIWET SBANE ________________
CHINAPS ____________________

Level Up! with Wellness 2023
Sticks & Bones
LEARN WHY IT’S IMPORTANT TO BUILD STRONG BONES

1. Go outside and find 3 different sticks that are different thickness levels. Draw what each stick looks like.

2. Try breaking each stick in half. Which stick was the easiest to break and which stick was the hardest to break? How is this like our bones?

Just like the sticks, my bones won’t break as easily when they are stronger. If I am physically active and play each day, I will make my bones in my skeleton strong.

Level Up! with Wellness 2023
Physical Activity Level Tracker

Level Up! with Wellness 2023

Color in a section of the bone for each day you played outside for 60 minutes!

Level Challenge:

Play outside for 60 minutes a day

Monday

Tuesday

Wednesday

Thursday

Friday
LEVEL 2

FRUITS AND VEGGIES

Level Challenge:

Eat at least 2 servings of fruit and 2 servings vegetables each day.

Level Up! with Wellness 2023
Do you know that your body needs vitamins and minerals to help keep it healthy? There are 6 main vitamins that your bodies need to function:

**Vitamin A**
- Helps my eyes see and helps keep my immune system strong to fight against germs.

**Vitamin B**
- Helps turn food into energy for my body. It also helps my skin and brain cells stay healthy.

**Vitamin C**
- Helps my skin heal if I get a cut or scrape.

**Vitamin D**
- Helps me to build strong bones.

**Vitamin E**
- Is an antioxidant that helps to fight off bad germs or bacteria in my body.

**Vitamin K**
- Helps keep my blood healthy.

Fruits and Veggies with Vitamin A
Fruits and Veggies with Vitamin B
Fruits and Veggies with Vitamin C
Fruits and Veggies with Vitamin D
Fruits and Veggies with Vitamin E
Fruits and Veggies with Vitamin K

Vitamins help my body grow **healthy** and **strong**!
**MATCHING ACTIVITY!**

Draw a line to match the picture with the Vitamin. Read the boxes on the other page to help you make the right matches.

<table>
<thead>
<tr>
<th>Vitamin A</th>
<th>![Image]</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vitamin B</strong></td>
<td>![Image]</td>
</tr>
<tr>
<td><strong>Vitamin C</strong></td>
<td>![Image]</td>
</tr>
<tr>
<td><strong>Vitamin D</strong></td>
<td>![Image]</td>
</tr>
<tr>
<td><strong>Vitamin E</strong></td>
<td>![Image]</td>
</tr>
<tr>
<td><strong>Vitamin K</strong></td>
<td>![Image]</td>
</tr>
</tbody>
</table>
### How many servings of fruit and veggies do I need to eat each day?

<table>
<thead>
<tr>
<th></th>
<th>5-8 years old</th>
<th>9-13 years old</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fruit</strong></td>
<td>1-2 servings</td>
<td>1½-2 servings</td>
</tr>
<tr>
<td><strong>Vegetable</strong></td>
<td>1½-2½ servings</td>
<td>2-3½ servings</td>
</tr>
</tbody>
</table>

**A serving size of vegetables could look like...**

- 12 baby carrots
- 7 cherry tomatoes
- 3 celery sticks
- 12 cucumber slices
- 25 olives
- ½ cup of broccoli
- 1 small corn

**A serving size of fruit could look like...**

- 1 apple
- 4 strawberries
- 10 blackberries
- 1 banana
- 10 raspberries
- 10 grapes
- 2 kiwis
- 1 cup watermelon

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**Level Up! with Wellness 2023**
THERE ARE LOTS OF DIFFERENT WAYS TO EAT FRUITS AND VEGETABLES!

- Banana → Dehydrated Banana Chips
- Grapes → Raisins
- Sweet Potato → Sweet Potato Fries
- Corn → Popcorn
- Apple → Fruit Leather
**Strawberry Banana Smoothie**

- 1 cup strawberries
- 1 ½ banana
- 1 cup milk
- 4-6 ice cubes

1. Blend all ingredients together until smooth and enjoy!

**Apple Pizzas**

- 2 apples
- Peanut butter

**Topping Options:**
- Banana slices
- Blueberries
- Raspberries
- Granola
- Shredded coconut
- Ground cinnamon
- Chocolate chips

1. Core the apples and slice into thin slices
2. Spread a little peanut butter onto one side of each apple ring
3. Top with desired toppings and enjoy!

Ask an adult for help with step #1!
**FRUITS AND VEGGIES**

**LEVEL TRACKER**

**LEVEL CHALLENGE:**

Eat at least 2 servings of fruit and 2 servings vegetables each day.

<table>
<thead>
<tr>
<th>Day</th>
<th>Did you eat at least 2 servings of fruit and 2 servings vegetables today?</th>
<th>Write what color fruit or vegetable you tried today.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>Yes</td>
<td></td>
</tr>
</tbody>
</table>

Level Up! with Wellness 2023
LEVEL 3
SCREEN TIME

Leave the screen behind and use your mind to explore the world.

LEVEL CHALLENGE:

Limit screen time to 2 hours or less per day.

Level Up! with Wellness 2023
1752: Benjamin Franklin conducted an experiment with a kite and a key to show that lightning was electric.

1880: Thomas Edison invented the lightbulb.

1925: Only half the homes in America had electricity.

1960: Almost all homes in America had electricity.

1927: The TV is invented.

1955: Only half the homes in America owned a TV.

1943: The first computer is invented.

1980s: Household computers become much more common.

Ask your parent if they had a computer in their house growing up!
If I am using screens too much I may...

1. Not be able to sleep well
2. Have lower grades in school
3. Spend less time being creative and using my imagination
4. Spend less time with family and friends
5. Spend too much time indoors
6. Read fewer books

Miss out on being physically active each day

DID YOU KNOW? On average, kids spend 4-6 hours per day watching or using screens.

Level Up! with Wellness 2023
While being bored seems bad, you can choose to be creative and use your imagination! This week when you say, "I'm bored!", try one of these activities.

<table>
<thead>
<tr>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Play frisbee</td>
</tr>
<tr>
<td>Look for ladybugs</td>
</tr>
<tr>
<td>Create a treasure hunt</td>
</tr>
<tr>
<td>Paint rocks</td>
</tr>
<tr>
<td>Build a fort</td>
</tr>
<tr>
<td>Look at old family photos</td>
</tr>
<tr>
<td>Go on a nature walk</td>
</tr>
<tr>
<td>Make a collage</td>
</tr>
<tr>
<td>Try making a new snack</td>
</tr>
<tr>
<td>Put on a play</td>
</tr>
<tr>
<td>Create an obstacle course and time yourself</td>
</tr>
<tr>
<td>Play with blocks</td>
</tr>
<tr>
<td>Make puppets and have a puppet show</td>
</tr>
<tr>
<td>Make a paper airplane</td>
</tr>
<tr>
<td>Write a story</td>
</tr>
<tr>
<td>Have a lemonade stand</td>
</tr>
<tr>
<td>Play with water balloons</td>
</tr>
<tr>
<td>Have a dance party</td>
</tr>
<tr>
<td>Learn a magic trick</td>
</tr>
<tr>
<td>Make friendship bracelets</td>
</tr>
<tr>
<td>Have a picnic</td>
</tr>
</tbody>
</table>
Imagine you get a super power for a day, what would your day be like?

Imagine you turn into your favorite animal, what would your day be like?

Imagine you have a time machine. What time period would you go to and why?

Imagine you get 3 wishes. What would you wish for?

Level Up! with Wellness 2023
**SCREEN TIME**

**LEVEL CHALLENGE:**
Limit screen time to 2 hours or less per day.

Circle YES or NO if you used screens for less than two hours today.

What did you do with your free time?

<table>
<thead>
<tr>
<th>Day</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>Tuesday</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>Wednesday</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>Thursday</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>Friday</td>
<td>YES</td>
<td>NO</td>
</tr>
</tbody>
</table>
Routine of Clean

Level Challenge: Complete the high five of clean each day

Be a winner, keep it cleaner!

Level Up! with Wellness 2023
DO THE HIGH FIVE
OF CLEAN

- Clean hands
- Clean teeth
- Clean body
- Clean bathroom
- Clean room

Level Up! with Wellness 2023
Level Up! with Wellness 2023

**The High Five of Clean**

I wash my hands to kill germs! I wash my hands:
- when I go to the bathroom
- before eating
- after sneezing or blowing my nose
- after being outside
- after playing with animals

Brushing teeth twice a day keeps germs away!
Count how many teeth you have in your mouth and then write it down:
I have ______ number of teeth

When I play outside I get dirty and sweaty.
I need to clean my skin, hair, and feet.
Cleaning my body washes away germs and bad smells.
I will take a shower or bath 2-3 times a week.

Cleaning my room helps me take care of my toys, clothes, and other belongings.
I want to put things back in their spot, so I can find them later.
Making my bed everyday helps keep my sheets and blankets from getting dirty.

Before I leave the bathroom morning and night, I will check to see if I have:
- Put my toothbrush away
- Hang up my towel
- Put away my hair brush
- Throw away my trash

Level Up! with Wellness 2023

[Utah State University Extension]
I can clean my room!

Write your favorite songs you like to listen to?

I spy!

Step #1:
Look around your room and write or draw the items in your room that you need to clean up or put back in their place.

Storytime!

Go to your library and check out the book, "A Pigsty, Oh My". Scan the QR code to listen and read along to the book.

Step #2:
Set a timer to clean your room for 20 minutes while listening to your favorite songs!
Level Challenge: Complete the high five of clean each day.

Circle the steps of the high five of clean that you complete each day.

**MONDAY**
- Clean hands
- Clean teeth
- Clean body
- Clean bathroom
- Clean room

**TUESDAY**
- Clean hands
- Clean teeth
- Clean body
- Clean bathroom
- Clean room

**WEDNESDAY**
- Clean hands
- Clean teeth
- Clean body
- Clean bathroom
- Clean room

**THURSDAY**
- Clean hands
- Clean teeth
- Clean body
- Clean bathroom
- Clean room

**FRIDAY**
- Clean hands
- Clean teeth
- Clean body
- Clean bathroom
- Clean room

Level Up! with Wellness 2023
Level 5
ACTS OF KINDNESS

Level Challenge: Do three acts of kindness each day

Let’s “bee” kind to others this week!

Level Up! with Wellness 2023
**What is Kindness?**

Being nice to others with my words and actions.

**Being kind helps me...**

- Feel happy
- Make friends
- Do better in school
- Learn how to know when I can help others

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**Level Up! with Wellness 2023**

[Logo for Utah State University Extension]
Being kind is my superpower!

Draw or write what it means to you to be kind?

Draw you as a kindness superhero!
Kindness Activities!

**Notes of Kindness**
Draw or write a note for each member of your family. Put the note under their pillow or in a spot they will find it.

**Kindness Calendar**
Write down one act of kindness on each day of the calendar for the month. Hang the calendar up on your fridge or in your room. Think of your own acts of kindness or scan the QR code for ideas of how to be kind.

**Story Time!**
For ideas on how to be kind this week, use the QR code to listen to the book, "Kindness is Cooler". Or check out the book at your local library.
**Level Challenge:** Do 3 acts of kindness each day

Color the bee for each day you did 3 acts of kindness!

Write the 3 acts of kindness you did each day.

<table>
<thead>
<tr>
<th>Day</th>
<th>Bee Color</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td></td>
</tr>
</tbody>
</table>

Level Up! with Wellness 2023
LEVEL 6
EMERGENCY PREPAREDNESS
I feel safe and ready when I am prepared.

LEVEL CHALLENGE
Create a Be Prepared Kit and complete at least 2 more emergency preparedness activities.

Level Up! with Wellness 2023
Let's Learn About Emergencies!

Emergencies happen everywhere and every member of the family can prepare. Read about emergencies and what they feel like.

<table>
<thead>
<tr>
<th>What types of emergencies are there?</th>
<th>How does the Earth feel?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>EARTHQUAKES</strong></td>
<td>Try getting some wiggles out by shaking your arms, legs, and body all at once. This is how the earth feels during an earthquake.</td>
</tr>
<tr>
<td>An earthquake is a sudden quick shaking of the earth.</td>
<td></td>
</tr>
<tr>
<td><strong>FLOOD</strong></td>
<td>Have you ever swam or played at a lake or pool? When you swim under water and have to hold your breath, that is how the earth feels in a flood.</td>
</tr>
<tr>
<td>A flood can happen when it rains a lot, a river overflows, or when snow melts too quickly.</td>
<td></td>
</tr>
<tr>
<td><strong>FIRE</strong></td>
<td>Have you ever been playing outside on a hot sunny day? You might need to cool down by drinking a glass of cold water. When a fire happens, water can be used to cool down and put out the fire.</td>
</tr>
<tr>
<td>A fire can happen anywhere. A wildfire is a fire burning in a forest or a field. A fire could also start in a building.</td>
<td></td>
</tr>
</tbody>
</table>
BE PREPARED!

The best way to not feel scared about an emergency is to be prepared! Discuss with your family what it means to be prepared.

What does it mean to be prepared?

How can I be prepared?

PREPARE WITH PEDRO

Have an adult help you scan the QR code to watch the videos.

Be Ready for a Home Fire

Be Ready for an Earthquake

Be Ready for a Power Outage

How to Not Feel Scared in an Emergency

Level Up! with Wellness 2023
MAKING A BE PREPARED KIT

Find these items in your house and put them in a spare bag or backpack. Having them all in one place will make it easy to grab in an emergency.

- Flashlight
- Water Bottle
- A Can of Soup
- Whistle
- Extra Blanket
- Pair of Socks
- Two Types of Snacks (Examples include granola bar, crackers, or trail mix)
- Notebook and Pen
- One Game (Examples include cards, puzzle, a doll, etc.)

Level Up! with Wellness 2023
WHAT SHOULD I DO IN AN EMERGENCY?

Read these emergency examples and draw or write what you would do. Talk with your family about what you would do to stay safe.

You are outside playing at the park with your friends when you hear thunder in the distance. What do you do?

You are asleep in your bed when you wake up to a loud beeping noise, it's the fire alarm. What do you do?

You are at school and the teacher is teaching the class about math and the room starts to shake. What do you do?

It is nighttime and you are getting ready for bed when all the lights go out. It is winter and very cold outside. What do you do?
EVACUATION PLAN ACTIVITY

Grab a piece of paper and a pencil and draw a map of the fastest way to get out of your house from every room. With your family, decide on a meeting point outside and away from the house.

CLEAN UP THE FLOOR ACTIVITY

To Be Prepared: Clean up the floor in your room and one other room in the house so that you don't trip and fall when trying to leave during an emergency. Draw or write items on the floor that you can clean up.

Level Up! with Wellness 2023
Level Challenge: Create a Be Prepared Kit and complete at least 2 more emergency preparedness activities.

✅ Check if you completed the Be Prepared Kit and list the other activities you chose to complete this week.

☐ Create a Be Prepared Kit

☐ Write what you did for your 2nd preparedness activity

☐ Write what you did for your 3rd preparedness activity

List of Other Preparedness Activities:
1. Prepare with Pedro videos
2. What I should do in an emergency? activity
3. Evacuation plan activity
4. Clean up the floor activity
CONGRATULATIONS!

YOU'VE COMPLETED ALL 6 LEVELS!

YOU HAVE LEVELED UP YOUR WELLNESS THIS SUMMER!

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