

LEVEL UP!

with Wellness

Summer 2023



My Wellness Challenge Booklet!



Extension
UtahStateUniversity





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



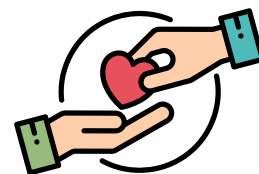
04

Routine of Clean



05

Kindness



06

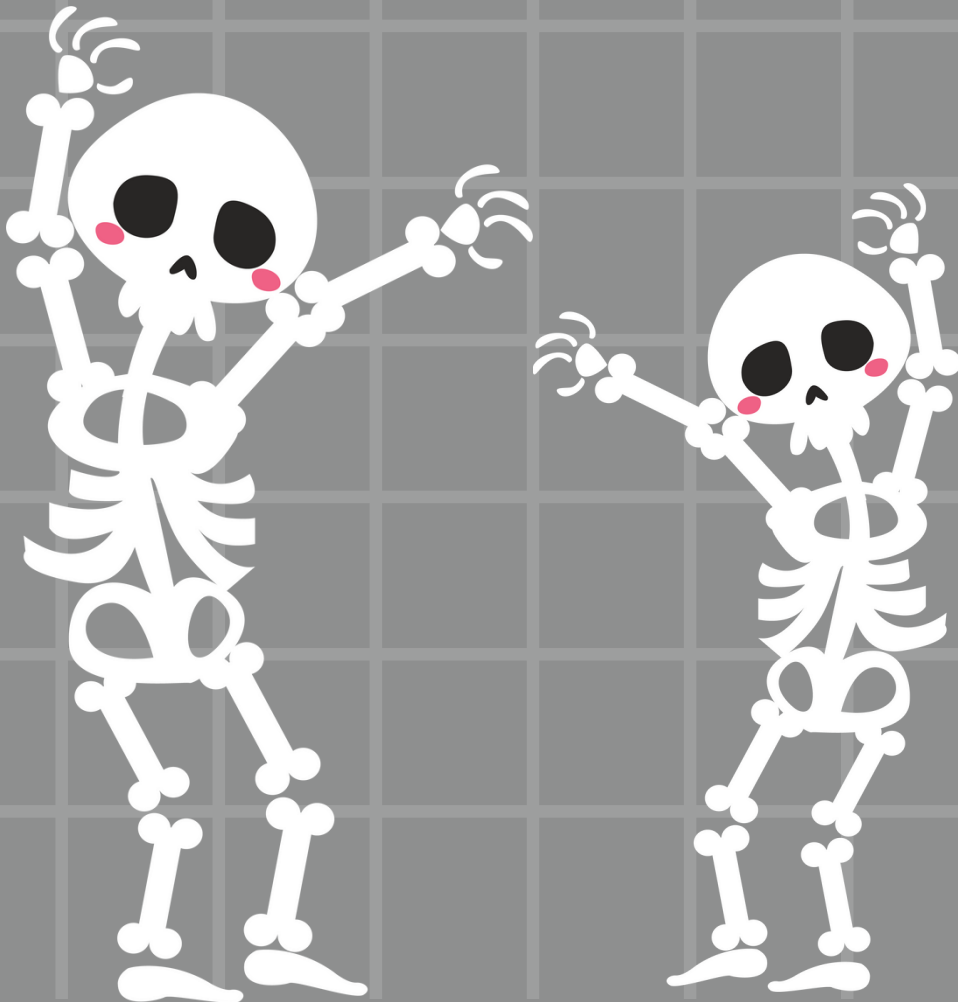
Be prepared!



Level 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



STRONG SKELETON

WHAT IS PEAK BONE MASS?

Peak bone mass is the strongest the bones of my skeleton can be.

WHY IS PEAK BONE MASS IMPORTANT?

Eating healthy foods and being active each day will help my muscles and bones grow strong.

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.

CALCULATE HOW MANY YEARS UNTIL YOU REACH PEAK BONE MASS

$$25 - \frac{\text{_____}}{\text{(my age)}} = \frac{\text{_____}}{\text{(amount of years until I reach peak bone mass)}}$$

HOW CAN I BUILD AND PROTECT MY BONES?



Wear a helmet



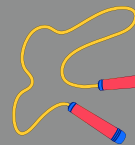
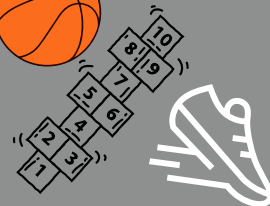
Eat foods with a lot of calcium



Wear a seatbelt in the car



Choose not to smoke or drink alcohol

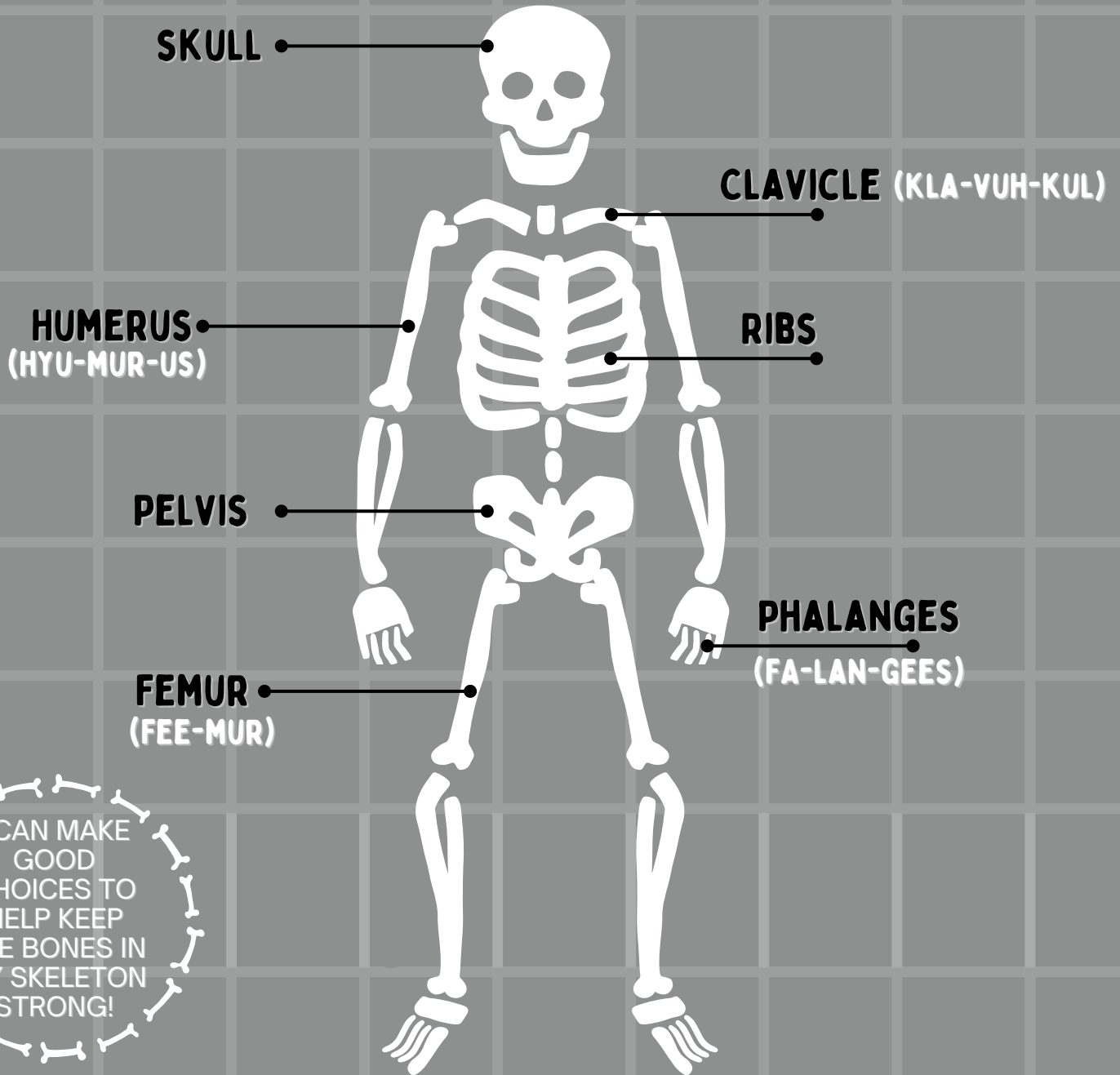


Participate in activities like basketball, hopscotch, jump rope, and running



Find the Bones

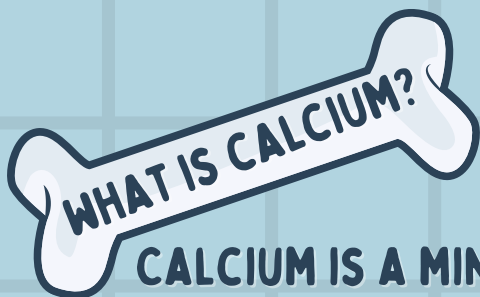
PRACTICE SAYING THE NAMES FOR DIFFERENT BONES IN YOUR BODY



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



Calcium & My Bones



**CALCIUM IS A MINERAL
OUR BODY NEEDS TO
STAY HEALTHY.**



**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 _____

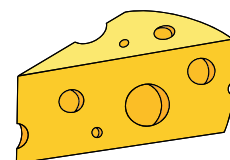
ECHESS _____

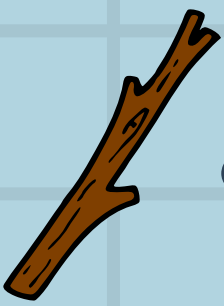
CIE ACRME _____

BCICLOOR _____

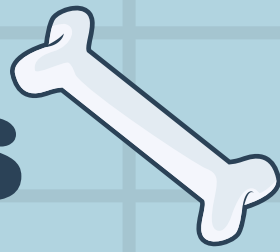
HIWET SBANE _____

CHINAPS _____





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.

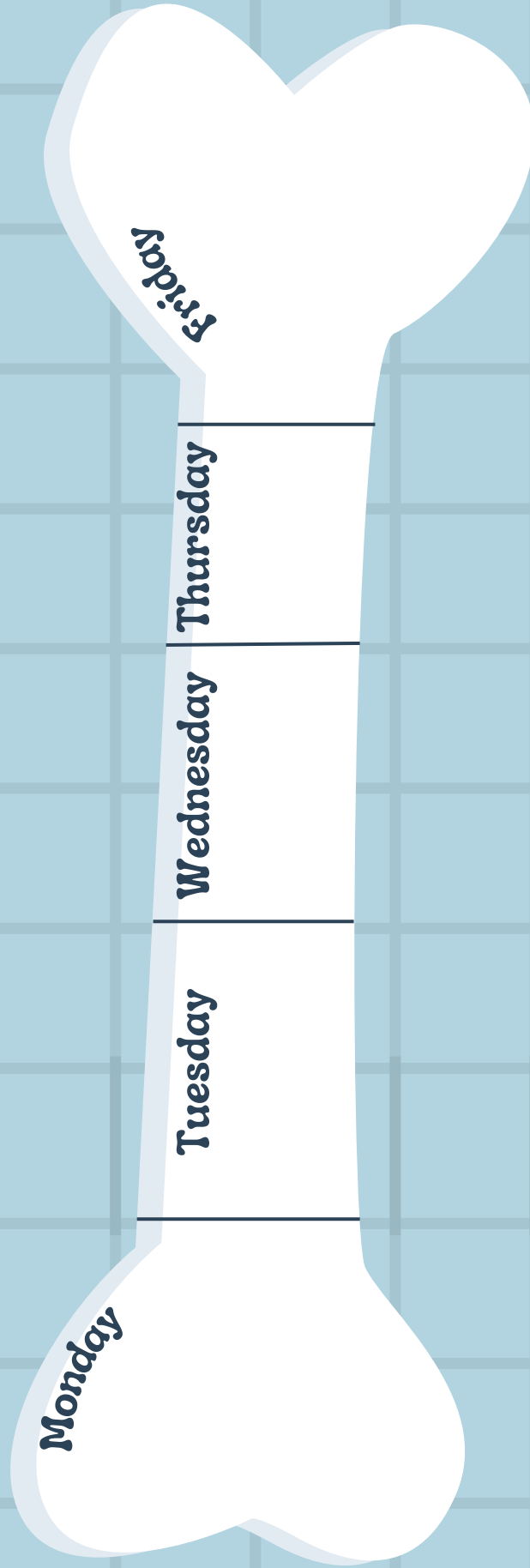
2. TRY BREAKING EACH STICK IN HALF. WHICH STICK WAS THE EASIEST TO BREAK AND WHICH STICK WAS THE HARDEST TO BREAK? HOW IS THIS LIKE OUR BONES?

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.

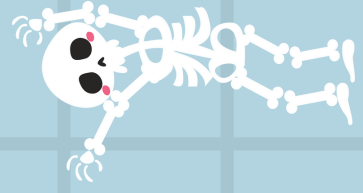


Physical Activity Level Tracker

COLOR IN A SECTION OF THE BONE FOR EACH DAY YOU PLAYED OUTSIDE FOR 60 MINUTES!



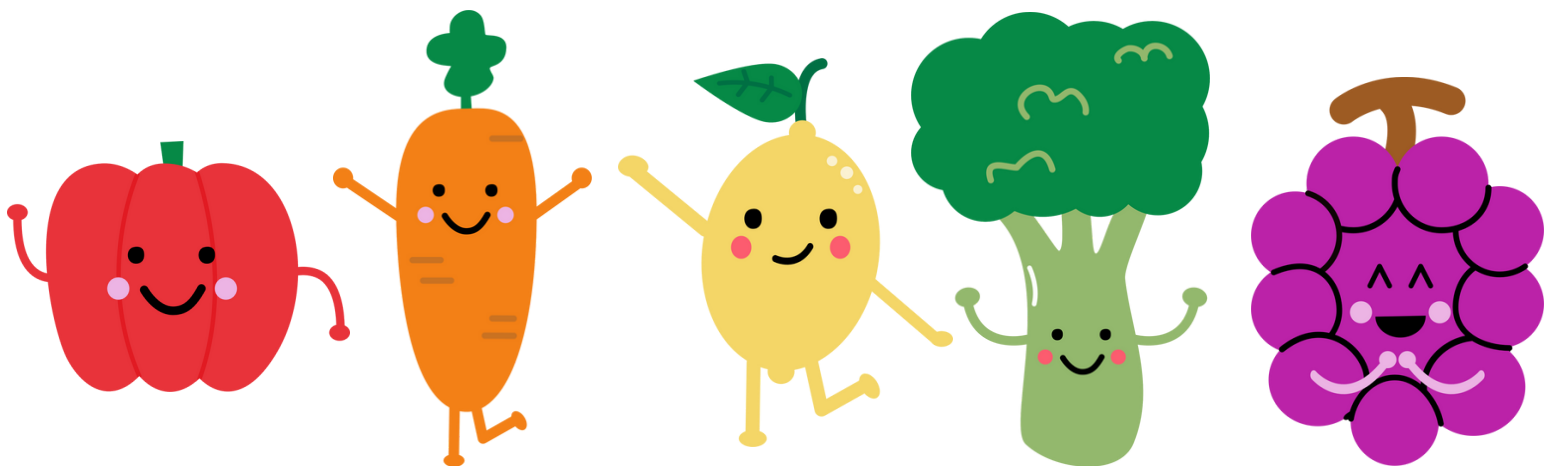
Level Challenge:
PLAY OUTSIDE FOR 60 MINUTES A DAY





LEVEL 2

FRUITS AND VEGGIES



Level Challenge:

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



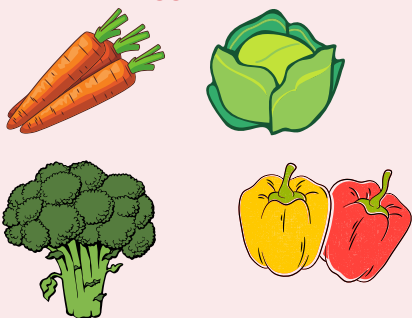


WHY DO I NEED TO EAT FRUITS AND VEGETABLES?

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

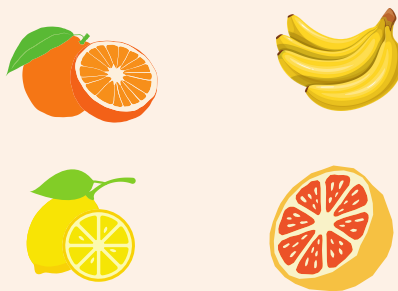
Fruits and Veggies with Vitamin A



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

Vitamin B

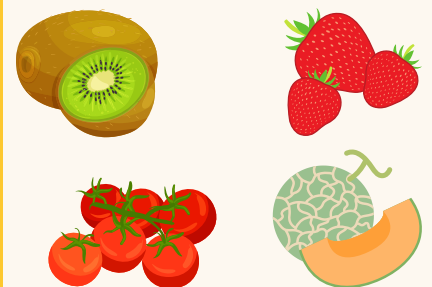
Fruits and Veggies with Vitamin B



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

Vitamin C

Fruits and Veggies with Vitamin C



Vitamin C helps my skin heal if I get a cut or scrape.

Vitamin D

Fruits and Veggies with Vitamin D



Vitamin D helps me to build strong bones.

Vitamin E

Fruits and Veggies with Vitamin E



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

Vitamin K

Fruits and Veggies with Vitamin K



Vitamin K helps keep my blood healthy.

Vitamins helps 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.

Vitamin A



Vitamin B



Vitamin C



Vitamin D



Vitamin E



Vitamin K

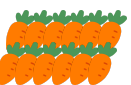
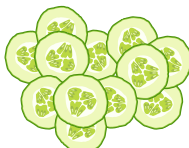


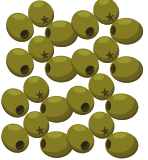
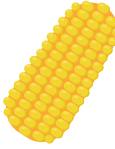











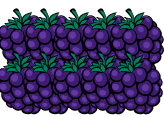

HOW MANY SERVINGS OF FRUIT AND VEGGIES DO I NEED TO EAT EACH DAY?

	5-8 years old	9-13 years old
Fruit	1-2 servings	1½-2 servings
Vegetable	1½-2½ servings	2-3½ servings

A serving size of vegetables could look like...

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

A serving size of fruit could look like...

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





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

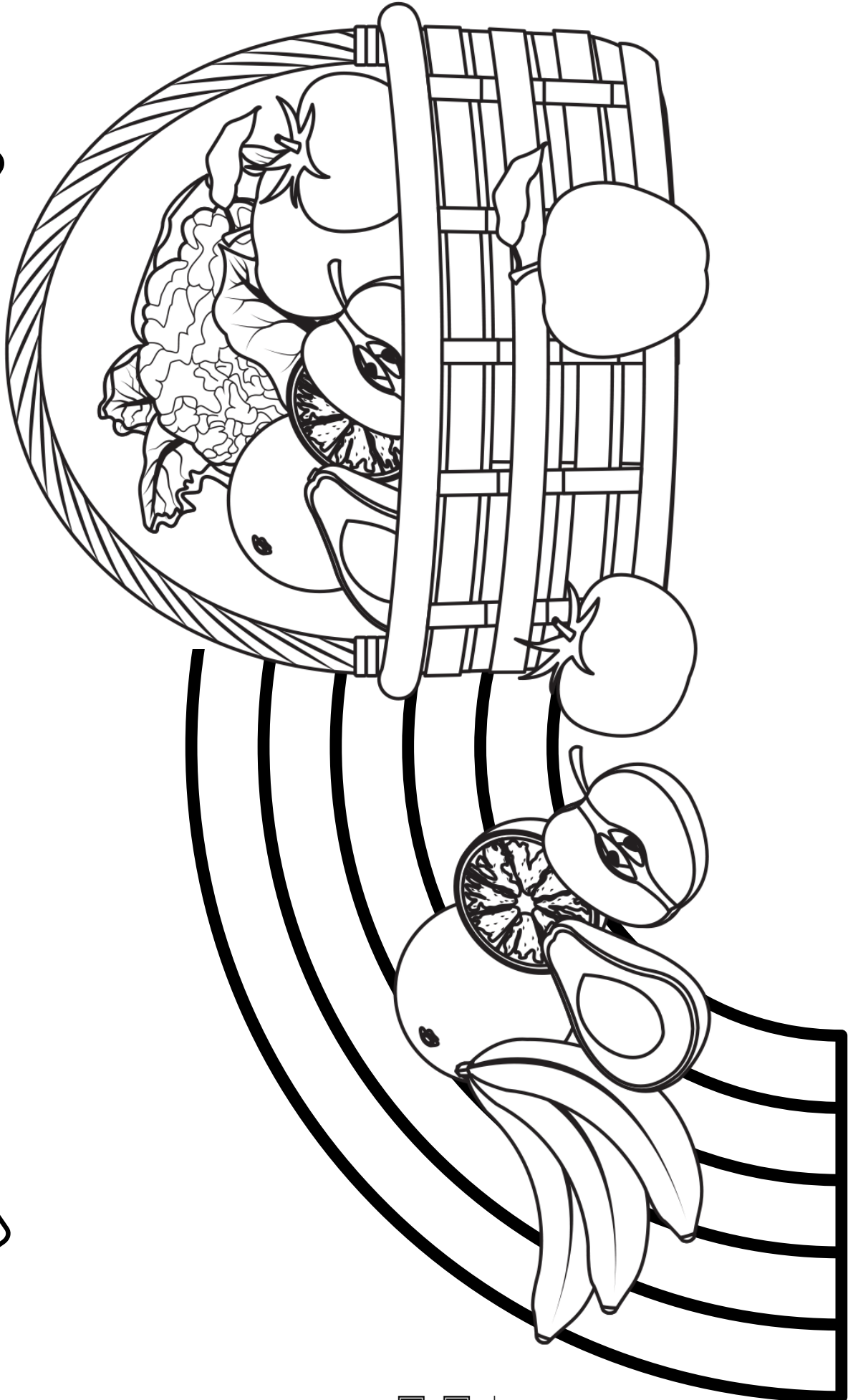


**Fruit
Leather**



Coloring
Page!

EAT THE RAINBOW





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!



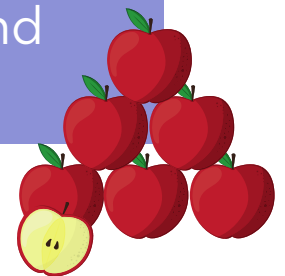
Apple Pizzas

Ask an adult for help with step #1!



- 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!





FRUITS AND VEGGIES

LEVEL TRACKER

LEVEL CHALLENGE:

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

Did you eat at least 2 servings of fruit and 2 servings vegetables today?

Write what color fruit or vegetable you tried today.

MONDAY

Yes

No

TUESDAY

Yes

No

WEDNESDAY

Yes

No

THURSDAY

Yes

No

FRIDAY

Yes

No

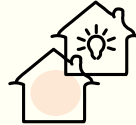


HISTORY OF SCREENS

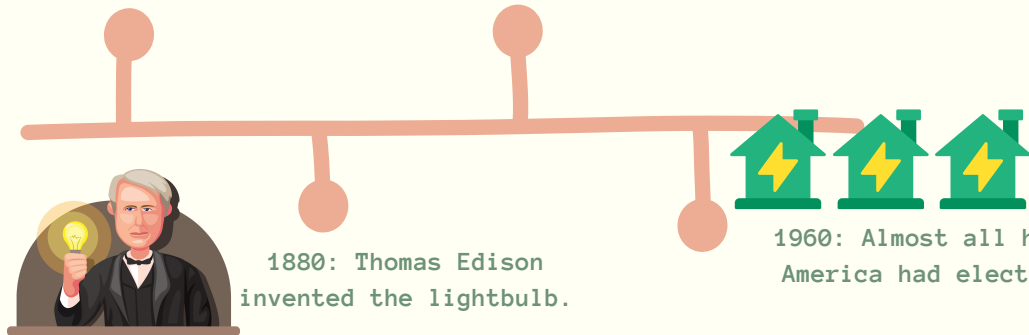
ELECTRICITY ⚡



1752: Benjamin Franklin conducted an experiment with a kite and a key to show that lightning was electric.



1925: Only half the homes in America had electricity.



1880: Thomas Edison invented the lightbulb.

1960: Almost all homes in America had electricity.

TELEVISIONS 📺



1927: The TV is invented.



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

COMPUTERS 💻



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

7 Read fewer books



3 Spend less time being creative and using my imagination 

4 Spend less time with family and friends

6 Miss out on being physically active each day



5 Spend too much time indoors



DID YOU KNOW?

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



I'M BORED!

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.



- Play frisbee
- Look for ladybugs
- Create a treasure hunt
- Paint rocks
- Build a fort
- Look at old family photos
- Go on a nature walk
- Make a collage
- Try making a new snack
- Put on a play
- Create an obstacle course and time yourself
- Play with blocks
- Make puppets and have a puppet show
- Make a paper airplane
- Write a story
- Have a lemonade stand
- Play with water balloons
- Have a dance party
- Learn a magic trick
- Make friendship bracelets
- Have a picnic



IMAGINE THAT!

Read the prompts below. Draw or write your answers. Use more paper if you need more space for your creativity!

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?



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?

MONDAY

YES NO

TUESDAY

YES NO

WEDNESDAY

YES NO

THURSDAY

YES NO

FRIDAY

YES NO



Level 4

ROUTINE OF CLEAN



Level Challenge: Complete the high five of clean each day

Be a winner, keep it cleaner!



DO THE HIGH FIVE OF CLEAN



● Clean hands



● Clean teeth



● Clean body



● Clean bathroom



● Clean room



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



THE HIGH FIVE OF CLEAN



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!



ROUTINE OF CLEAN



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



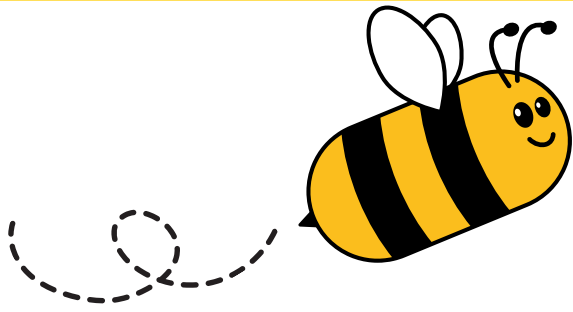
LEVEL 5 ACTS OF KINDNESS



Level Challenge: Do three acts of kindness each day

Let's "bee" kind to others
this week!





ACTS OF KINDNESS

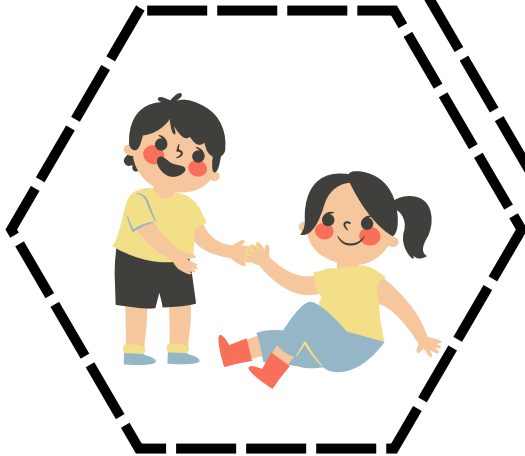
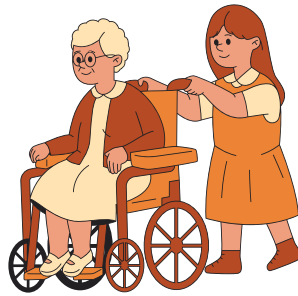
What is Kindness?

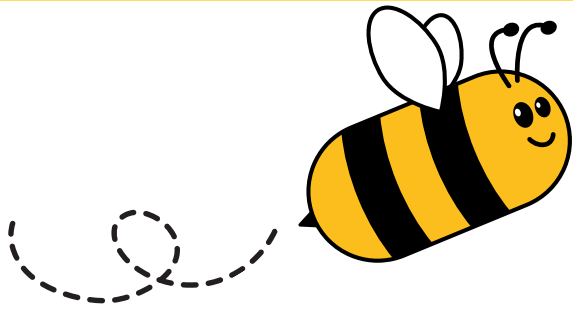
Being kind helps me...

Being nice to others with my words and actions.

- feel happy
- make friends
- do better in school

- learn how to know when I can help others





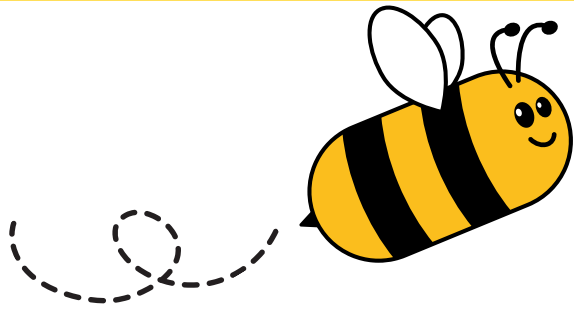
ACTS OF KINDNESS

Being kind is
my
superpower!

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

Draw you as a kindness superhero!





ACTS OF KINDNESS

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

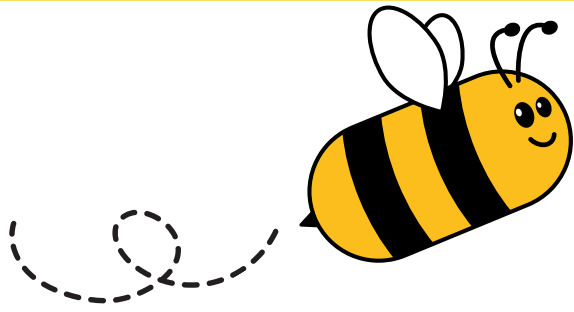
Write down one act of kindness on each day of the calendar for the month. Hang the calendar up on your fridge or in your room. Think of your own acts of kindness or scan the QR code for ideas of how to be kind.



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.





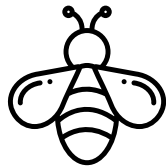
ACTS OF KINDNESS

Level Challenge: Do 3 acts of kindness each day

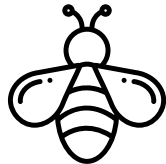
Color the bee for each day you did 3 acts of kindness!

Write the 3 acts of kindness you did each day.

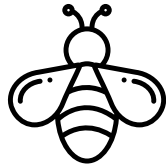
Monday



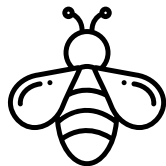
Tuesday



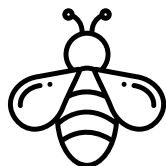
Wednesday



Thursday



Friday



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.

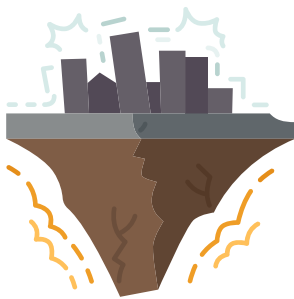


LET'S LEARN ABOUT EMERGENCIES!

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

What types of emergencies are there?

How does the Earth feel?



EARTHQUAKES

An earthquake is a sudden quick shaking of the earth.

Try getting some wiggles out by shaking your arms, legs, and body all at once. This is how the earth feels during an earthquake.



FLOOD

A flood can happen when it rains a lot, a river overflows, or when snow melts too quickly.

Have you ever swam or played at a lake or pool? When you swim underwater and have to hold your breath, that is how the earth feels in a flood.



FIRE

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.

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.



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.



PREPARE WITH PEDRO



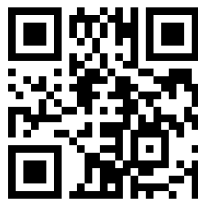
Have an adult help you scan the QR code to watch the videos.



Be Ready for a Home Fire



Be Ready for an Earthquake



Be Ready for a Power Outage



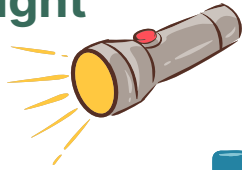
How to Not Feel Scared in an Emergency



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



Pair of Socks



Water Bottle



Two Types of Snacks



(Examples include granola bar, crackers, or trail mix)

A Can of Soup



Notebook and Pen

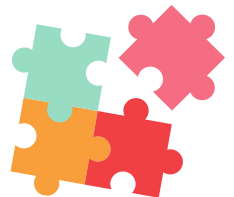


Whistle



One Game

(Examples include cards, puzzle, a doll, etc.)



Extra Blanket



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.



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EMERGENCY PREPAREDNESS TRACKER

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!**

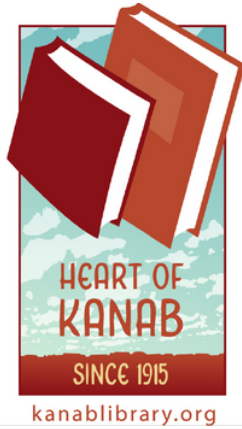
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LEVELED UP YOUR
WELLNESS THIS
SUMMER!**



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