



0 SUGARY DRINKS

MAY NEWSLETTER

2024-2025 | K-2

Name

Grade

Teacher

ALEX'S TIP:

Too much sugar is bad for your health.

Just like how candy and ice cream make things sticky, sugary drinks can make your insides sticky and slow you down. Many drinks have sugar in them, like soda and sports drinks. Healthy kids should aim for **less than six** teaspoons of sugar per day.



ACTIVITY:

Let's set a goal together! Can we try to drink at least TWO cups of water today? Water is so important in helping to keep us hydrated and helps our bodies work their best. Try adding fresh fruit like lemons, strawberries, or even oranges to your water to give it healthy flavor!



JOKE!

What do you call a duck that refuses to go in the water? **A chicken!**

BE YOUR BEST YOU!

Emotions are like the weather and just like the weather they come and go. It's okay to feel sad sometimes, you can always find the sunshine again! Can you take a moment to close your eyes, breathe deep and think about what type of weather you are feeling like today? Check out the examples below and circle one. See if someone in your class or at home matches your feelings and talk about why you chose that one!



Sunny
(happy, joy)



Windy
(anxious, stressed)



Stormy
(angry, mad)



Light Snow
(peaceful, calm)



Rainbow
(hopeful, excited)



Rainy
(sad, lonely)



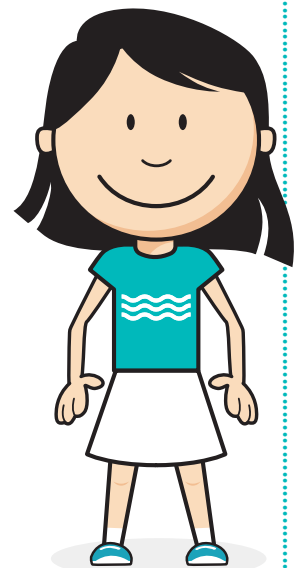
Foggy
(tired, confused)



Cloudy
(grumpy, sick)



Partly cloudy
(shy, embarrassed)

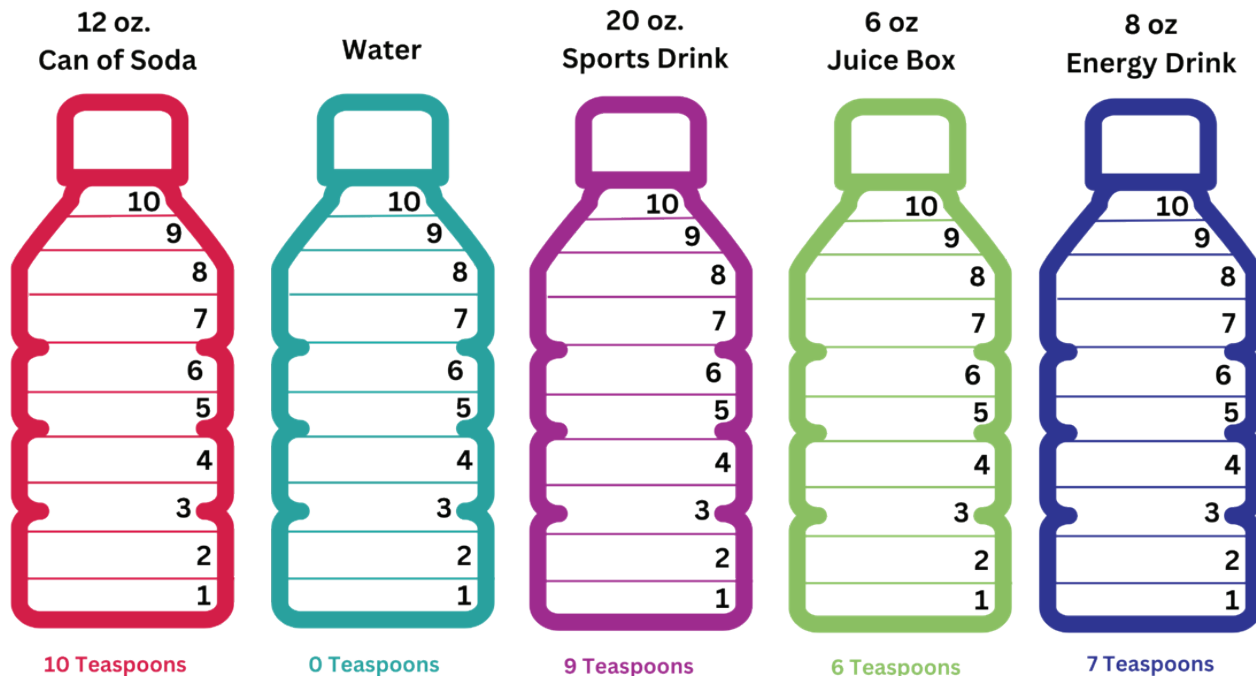


AN INDEPENDENT HEALTH FOUNDATION PROGRAM

For more information and activities visit:
www.FitnessForKidsChallenge.com

CHALLENGE:

Rethink your Drink! Look at the drinks below and how much sugar is found in each beverage. Can you color up to the number of teaspoons found in each drink? What did you notice about water?



How much sugar should you have in one day? _____
hint: the answer is on the front page

SOLVE THE MAZE

Jake is thirsty. Help him find his water bottle so he can have a cold drink of water.

