

Summer, the Healthy Way!

Summer is a great time to play, have fun and get healthy. Why not try some of these fun-filled ideas to get yourself healthy AND your family too?

- ☉ Create a healthy recipe for you and your family to enjoy. You can use any of the recipes you've seen in the Kid2Kid Newsletters by going to www.healthmpowers.org and looking under student resources or find your own recipe.
- ☉ Plan some fun physical activities for you and your family to do together. This can be an activity you play outside or even inside like exercising during commercial breaks of your favorite TV shows. (Exercise examples you can use: jumping jacks, pretend rope jumping, dancing

or whatever). What about asking a family member to teach you their favorite childhood game?

- ☉ Summer can be hot! So, make sure to drink lots of water.
- ☉ Remember when playing outdoors to protect your skin and eyes! Remember to wear a hat, sunscreen and sunglasses when you're out in the sun!
- ☉ Always eat at least five servings of fruits and vegetables each day. Summer is a great time to track and really see how many fruits and vegetables you eat in a day. Create a chart for your refrigerator. Challenge other family members to eat more fruits and veggies.

Fun Facts:

Your body is made up of 60–70% water. Now do you understand why water is important?

Joke of the Month:

- ☉ Why were all the baby strawberries crying?

Because their mommy was in a jam.

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Game of the Month: Fruit Scramble

It is important to eat at least 5 servings of fruits and vegetables each day. Fruits and vegetables have antioxidants in them that help our bodies fight off germs. Below is a list of fruits that have scrambled letters. Unscramble the letters to find a fruit that is good for you to eat every day.

1.) ealeromwtn _____

6.) lupm _____

2.) wbytrerras _____

7.) neogar _____

3.) ryelrubbe _____

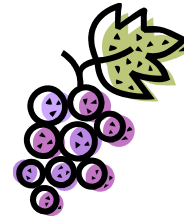
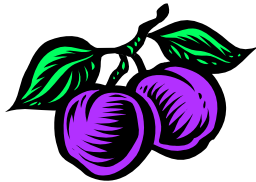
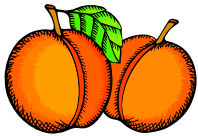
8.) apepl _____

4.) eaniegrnt _____

9.) paegrs _____

5.) aepch _____

10.) npleipaep _____



Kid2Kid Recipes: Fruit Dippers

Ingredients:

- *1/2 cup low-fat vanilla yogurt
- *2 tablespoons chopped peanuts
- *2 cups fruit (grapes, banana slices, apple wedges, and/or strawberries)

Directions:

1. Combine yogurt and peanuts. Mix with a spoon.

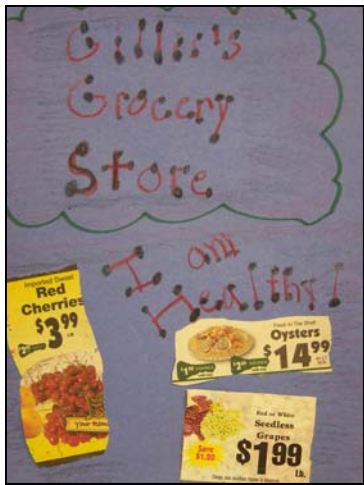
2. Place a toothpick in the center of each fruit.

3. Dip fruit into the yogurt peanut mixture.



Spotlight On: Wheeler County and White Elementary

Wheeler County Elementary in Alamo, GA is doing some pretty awesome stuff! Take a look at the great posters they created in Ms. Selph's 2nd grade class. Also, Walter F. White Elementary in Atlanta, GA wants you to know why exercise is so important for your body! Remember, you can send in pictures and writings like these during the summer!



Why Students Should Get to Go Outside

I wish we had a chance to go play outside. I feel like we should be able to go outside everyday after lunch to get some exercise. Children need exercise to stay in shape. That's probably why P.E or Physical Education was made.

Exercise will also help kids get out and have fun, play sports, and get some fresh air. We could also have races, soccer games and bring a bottle of water outside to help us cool down. But if you have asthma you can bring your inhaler pump if you suffer from it terribly bad. We can even breathe in the fresh air of nature. That's why I think we should get a chance to get some exercise everyday after lunch.

-Armani S., 3rd Grade
Walter F. White Elementary

Be a Kid2Kid Writer this Summer!

Since you have more time in the summer, why not become a Kid2Kid writer? It is easy. Just write an article about how you stay healthy, or tips you want to share with other kids. Write out your favorite recipe, a health-related joke, or a fun game you like to play. You can even send in pictures of yourself taking part in a healthy activity this summer! Send any work and your first name, age, and school to kid2kid@healthmpowers.org.

Be sure to ask your teacher and parents first, though.

Activity of the Month: The Big Wind

The group forms a large circle sitting at an arm's length apart. One person is chosen to be the "wind", and stands in the center of the circle. The game begins when the person in the middle acts like the wind (by turning in a circle and waving their arms) and says, "THE BIG WIND BLOWS". At this point they must specifically state what the wind blows, a statement which must be true about themselves (i.e. "THE BIG WIND BLOWS everyone who has blue eyes"). All of the kids who have blue eyes including the person designated as "the wind" must stand up and run through the circle to a position that is now empty on the other side. Upon reaching this spot, they sit down. One person will be left over, they are now the wind and the game continues. There is no winner or loser, just a lot of fun!



Kid2Kid Thanks Haley M. Powers - Editor in Chief

The Kid2Kid Newsletter would not have been possible this year without the help of the wonderful, incredible, fabulous—Haley M. Powers!!!! Haley has done an awesome job preparing and writing for the newsletter each month, and we are so thankful for her hard work and dedication. Let's all take part in saying a big "THANK YOU" to Haley!

Great Job - Haley M. Powers