Earth Day is April 22. Let’s all work to “Restore our Earth!”

The theme of this year’s Earth Day is “Restore our Earth” and will continue until the celebration of Earth Day 2023. Our mission is to help kids learn that it is not too late to make a difference, and for all of us to make meaningful, lasting changes in our daily lives. Our goal is to inspire a global movement by showing how each of us can help to “Restore our Earth.”

Earth Day and the 5210+ Challenge:

Students and Staff who got your 80 or more checks, you earned a T-shirt! We will deliver T-shirts to schools the week of May 3.

Families—if you got your 80 or more checks, you have been entered to win a T-shirt. We will announce winners in May.

Watch your inbox for a 5210+ Challenge survey. We need your feedback!

Earth Day and spring activities:

Click on the images below to download and print or play online.

Kids’ corner:

Lace up your running shoes and get ready for race season! The 22nd annual Healthy Kids Run Series looks a little different this year! Due to social distancing and health/safety considerations, Healthy Kids Club will provide participants with 4 one-mile course maps that they can complete anytime during the designated month, on their own. The first run will be in May!

Click here to find out more information and to register.

Celebrate Earth Day and spring with these fun recipes!

Click on each image to get the recipe.

Sea Turtle Snacks

Butterfly Snack Bags

Can’t stop the feeling!

Click on the image below to celebrate Spring with this super fun GoNoodle! Get that sunshine in your pocket and that good soul in your feet as you dance, dance, dance.

Turn off your screens and try these fun Earth Day projects.

Whether it’s planting a garden or recycling, supportive projects that are fun and educational are the perfect way to inspire kids to be more creative and engaged.

Healthy Kids Connection is distributed monthly to Elementary Office Managers, PE teachers and Healthy Kids Club’s mailing list.

For more information:
laurie.zenner@uchealth.org

Click Here to be added to the Healthy Kids Club Mailing List.

www.healthykidsclub.org

UCHealth – Healthy Kids Club
@healthykidsclub

Water – Our most precious resource!

Water is essential for life. Our bodies cannot function without it. Without water, all life on Earth would cease to exist. Water is the most common element on Earth, making up more than 70% of our planet’s surface.

But water is a finite resource. As the population grows and the demand for water increases, the need to conserve and manage this precious resource becomes even more critical.

Healthy Kids Connection is distributed monthly to Elementary School Principals, I’ll examine and Healthy Kids Club coordinators. For more information:

www.healthykidsclub.org

Graphic: Healthy Kids Club
@HealthyKidsClub