WHY HEALTH IS IMPORTANT





Good health is a state of complete physical, mental and social well-being!

MASCOTS KEY STRENGTHS



ENERGETIC JAGUAR

Energetic Jaguar represents speed and energy. Skills include all physical activity. Feel the power that comes from focusing on what excites you!



MINDFUL BUNNY

Demonstrating harmony and perfection of love and life! Mindful of others as well as carrying out everything with a sense of well-being, awareness and purpose.



STAYING HEALTHY PHYSICALLY CAN HELP YOU STAY HEALTHY EMOTIONALLY TOO!



A HEALTHY LIFESTYLE SIMPLY MEANS DOING THINGS THAT MAKE YOU HAPPY AS WELL AS FEELING GOOD.

MIND

MENTAL HEALTH

BODY

SPIRIT



SOUL

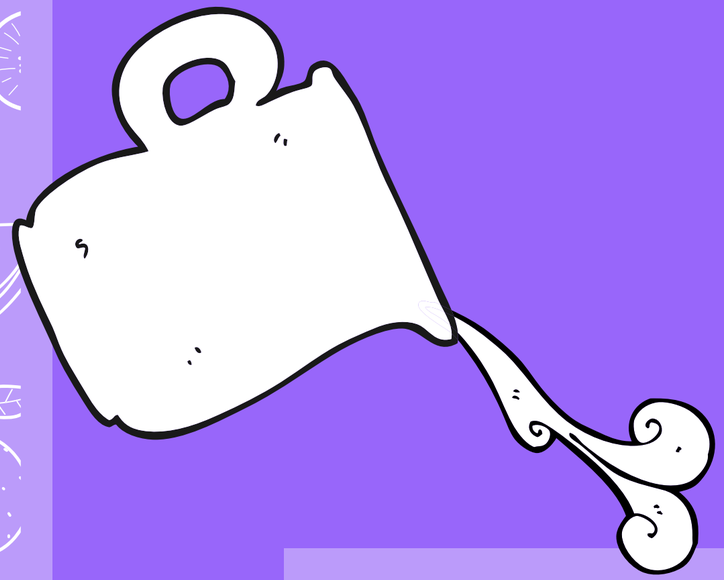
WHAT CONTRIBUTES TO GOOD

HEALTH?

1. EAT A VARIETY

You may have a favourite food, but the best choice is to eat a variety. If you eat different foods, you're more likely to get the nutrients your body needs.

Taste new foods and old ones you haven't tried before. Shoot for at least five different fruits or vegetables a day - two fruits and three vegetables!



2. STAY HYDRATED

When you're really thirsty, cold water is the best thirst-quencher. Calcium helps to build strong bones, and milk is a great source of this mineral.

3. LISTEN TO YOUR BODY

When you're eating, notice how your body feels and when your stomach feels comfortably full.

Not everyone loves the same activities. Maybe your passion is karate, or kickball, or dancing. Find ways to be active every day. You might even want to write down a list of fun stuff to do!



4. TALK ABOUT YOUR FEELINGS

Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled

PRACTICE AFFIRMATIONS

MEDITATION

TAKE CHARGE OF YOUR HEALTH

HAVE A SENSE OF HUMOUR

OWN YOUR STORY



FUEL YOUR PASSIONS

TRY NEW FOODS

KEEP ACTIVE



EAT WELL



REFRESH

Take mini breaks throughout the day

REST

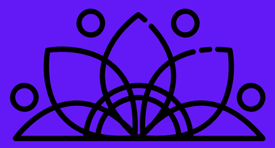




SELF CARE

THE ART OF PAYING ATTENTION TO YOU AND YOUR NEEDS

FEED YOUR SPIRITUAL SPIRIT



WIND DOWN

Engage in calming activities to decompress after School

SOCIAL

Spend time with loved ones





KNOW YOURSELF

Do more of what brings you joy!







COMPLETION TASK

How many different ways can you take charge of your own health? Have a go at challenging yourself with something that demonstrates gradual progression. Use Be-Zings diary template or come up with your own. Complete your task, take a photo and upload!