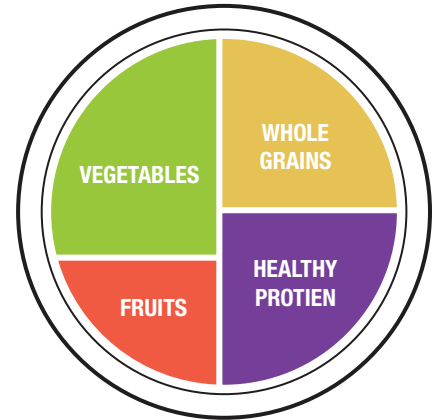


Build wellness into activities, programs and events for children and youth.

It's easier than you think!

Eat food. Mostly plants. Not too much.

- Bring on vegetables, fruits, whole grains, water and 2% milk.
- Go light on juice and sweets. And, don't even think about pop, vitamin water, or energy drinks.
- Watch out for super-sizing!
- Homemade or factory produced? That's a no brainer. Get young people involved in preparing and serving real food whenever possible.
- Smoothies are a fun and easy way to get more fruits (and even vegetables) into children and young people.



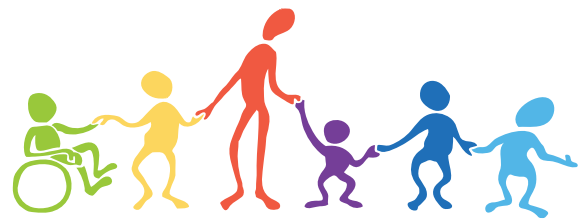
Keep moving.



- Get bodies out of seats at least every 60 minutes and move.
- Build in some fast moving, breath-stopping activity – no-cost-no-equipment activity lets everyone take it home with them.
- Take a walk on the green side – nature nurtures body, mind and soul!
- Create technology-free times and zones throughout the day.

Build in the 3 Cs: Connection – confidence – competence.

- Give everyone a chance to discover, pursue or showcase their strengths, talents, and passions.
- Boost happiness – spark feelings of joy, pride, awe, curiosity and hope in what you do.
- Make time for relaxing and “hanging out” to build social connections and create a sense of belonging.
- Step up and be a role model, ally and mentor for young people. Model and expect respectful two-way communication and relationships.
- Acts of kindness, gratitude and generosity have a way of multiplying – start a chain reaction! The Dalai Lama says, “Be kind whenever possible. It is always possible.”
- Build character – recognize and reward effort, persistence and practice. Make time to think about “who I am” and “who I want to be.”
- Learning and teaching are two sides of the same coin – give youth opportunities to do both. Hands-on skill building works best.
- Give back – take action on something that matters to make the community a better place to live, learn and play.



More info...

Check out www.yukonwellness.ca for more information and tips on how to promote child and youth well-being.

Listen to 25 Yukon young people talk about their passions at
<http://www.yukonwellness.ca/videos.php>

Learn more about how to be an adult ally at
http://www.yukonwellness.ca/pdf/supporting_youth_in_our_communities_manual.pdf

Find out about innovative ways to evaluate youth programs at
http://www.yukonwellness.ca/pdf/A_toolkit_for_community-based_program_evaluation.pdf

Pathways to Wellness
conversation • connection • commitment

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HEALTHY KIDS

Check out the new content in the left menu on **Healthy Kids**. You'll find lots of great information and videos on play, healthy eating, brain development, and more! The

Improve child wellness
- Share your views -

This information sheet was developed by the Department of Health and Social Services and the Youth Directorate, Executive Council Office.