



HEALTHY FROM HOME

Columbia Heights Public Schools creates worlds of opportunity for each and every learner where all belong and all succeed. We support the whole child from academics to mental health and everything in between. Health is more than just physical fitness. Starting winter break, we invite you to be HEALTHY FROM HOME. You'll have an opportunity to choose activities from five different categories (fitness, outdoors, nutrition, well-being and creativity) and mark them off as you complete them!

We want to see how you're staying healthy at home! Share your photos and videos with us by using hashtags #HealthyHylanders and #HealthyFromHome or send them to your teacher for a chance to see your face on District social media!

Fitness	Outdoors	Nutrition	Well-Being	Creativity
Play a game of water bottle bowling .	Go outside and find a Crow and complete a coloring page .	Try a "blender-less" smoothie, like the Berry Punch!	Visit the CHPS Virtual Calm Zone .	Create beatbox music with Incredibox .
Play soccer basketball!	Look at the moon (full moon Dec. 29 and learn about " Little Spirit Moon ."	Drink one more glass of water than normal.	Take a brain break.	Watch the Nutcracker Ballet .
Exercise with Lazy Monster!	Catch and observe some snowflakes (use a magnifying glass if you have one) and learn about different snowflake shapes .	Make a smoothie!	Get FIRED UP to start your day!	Have a dance party!
Try these moves to stay warm when it's freezing outside!	Go outside and find a House Sparrow and complete a coloring page .	Make homemade applesauce!	Prove Them Wrong with Kid Motivate	Try snow tie dye! Check out this local artist .
Try these tossing challenges .	Find a tree with interesting bark outside, and make a bark rubbing .	Check out the MyPlate toolkit with activities to try at home including coloring sheets, grocery store bingo and more!	Get motivated with Young Jamaican Trainer!	Try cardboard relief printing! View the " Prints on Ice " exhibit.
Dance with the Trolls!	Look at the moon (full moon Jan. 28) and learn about " Great Spirit Moon ."	Make banana bread .	Adopt a Mindset of a Champion .	Try stop motion animation . Try it with an app!