

# Welcome!

The session will begin shortly.

While we're waiting, take action with one (or more) of the steps below!

**Assess Your School: Take our 3-minute School Health Survey**

[www.actionforhealthykids.org/school-health-survey/](http://www.actionforhealthykids.org/school-health-survey/)

**Stay Informed: Sign up for our Newsletters**

<https://www.actionforhealthykids.org/news-sign-up/>

**Get Involved: Find upcoming learning sessions and events**

<https://www.actionforhealthykids.org/events/>

# Logistics

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A few notes to make sure you have a smooth user experience!

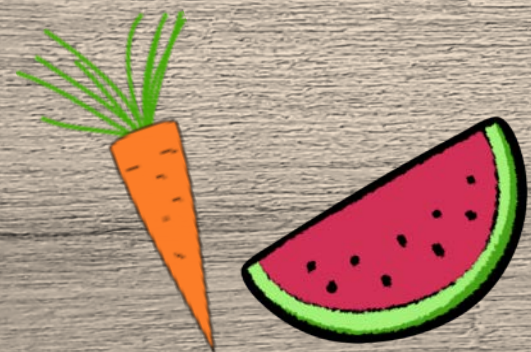
- » Listen in with your telephone or computer speakers
- » Video and sound check – unmuting and pausing video.
- » Breaks are scheduled, but step away as needed.
- » Ask questions
- » Stay engaged and participate

*All materials and session recording will be shared in follow up within 1 week.*



# Family Connect Summer Series

Staying *ConnectEd* at Home







# Welcome

Before we get started, let's come together and ground down.

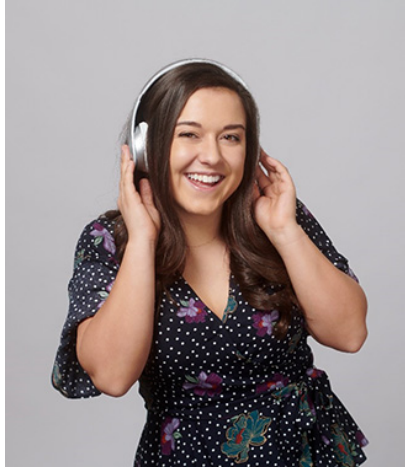
# Today's Session

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- » Introductions
- » AFHK Overview
- » ConnectEd Program Overview
- » ConnectEd at Home
  - Feelings Jenga
  - Breath with Me
  - Outdoor Picnic
- » Q&A



# Meet the AFHK Team



Ali Armacost  
Program and Field  
Coordinator  
Chicago, IL



Cyndi Small  
Family Connector  
Dallas, TX



Kimberley Harris  
Family Connector  
Jacksonville, FL

# Action for Healthy Kids Overview

Who We Are, What We Do, and How We Work



# Who We Are

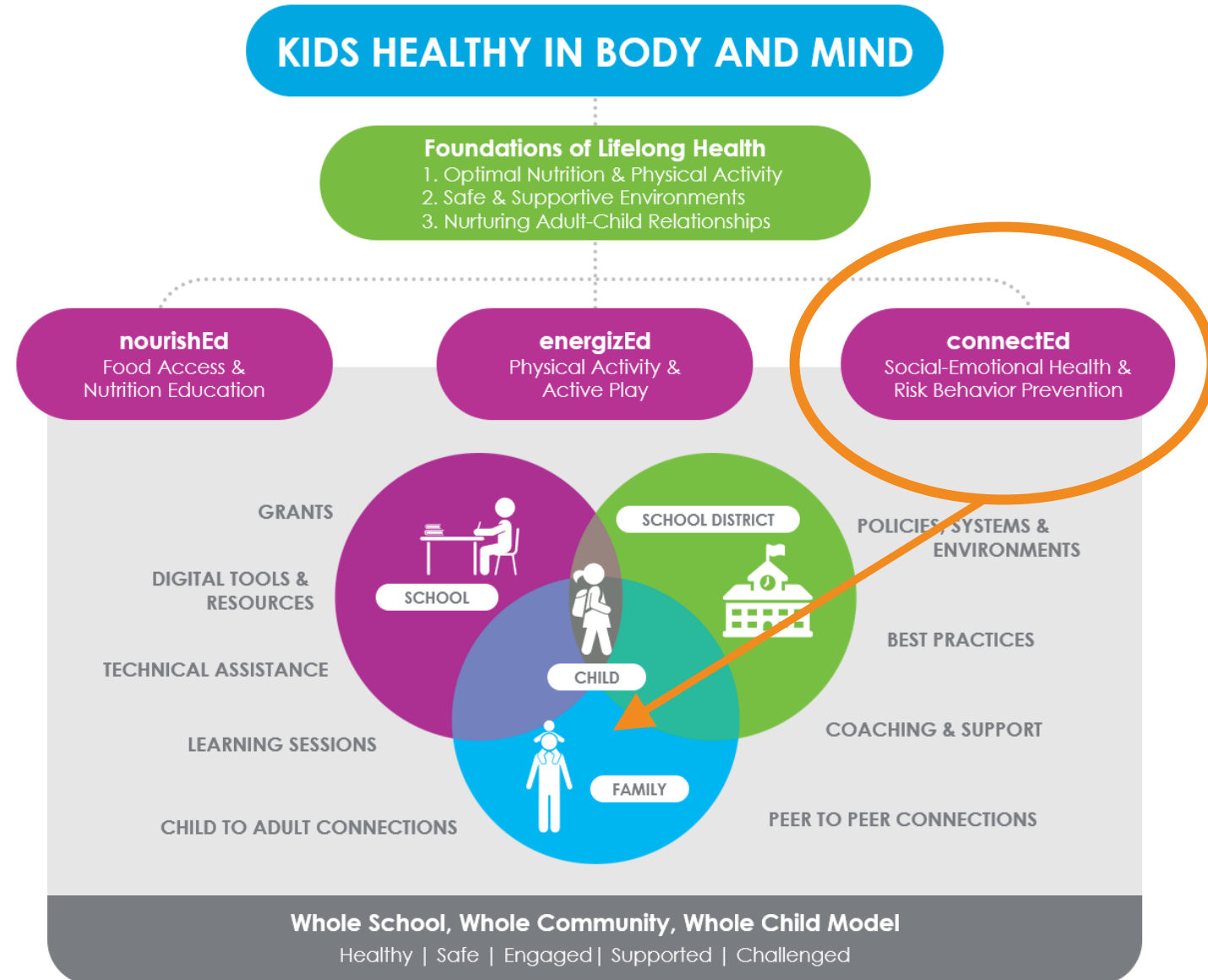
Action for Healthy Kids is a national nonprofit organization committed to the belief that healthy kids create a better world. We pursue this vision by mobilizing family-school partnerships to address the child health crisis and prepare kids to be healthy in body and mind.





# What We Do

We collaborate with families, schools and school districts to support three key areas of child health.



# How We Work



Whole School, Whole Community, Whole Child Model (WSCC)



Family-School Partnerships

**ACTION** FOR HEALTHY KIDS



Collective Impact

Healthy Kids. Better World.

# Deeper Dive into ConnectEd

Social-Emotional Health & Youth Risk Behavior Prevention



# It's for All of Us!

SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.

- Collaborative for Academic, Social, and Emotional Learning (CASEL)



**ACTION** FOR HEALTHY KIDS

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# Continuum

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Through the continued application of the CASEL 5 competencies, children and adults alike begin to refine personal attributes and characteristics that define who we are. Through these skills, we become caring, collaborative, empathetic and confident members of our communities, contributing our own unique and diverse skills and perspectives to those around us.



# ConnectEd at Home

3 activities for you and your family to do at home over the summer!





# Feelings Jenga

Kimberley- Family Connector



# Breathe With Me

Cyndi- Family Connector



# Breathe Upon a Star



Practice mindful breathing while focusing on tracing the outline of your hand.

**Things to notice:** Pay attention to how fast you breathe and trace. Try to focus on taking slow deep breaths.

Spread your palm out like a star. Trace the outline of your hand with the index finger on your other hand. Trace up as you inhale, down as you exhale. Repeat until you've taken five deep breaths and repeat on the other hand.





# I AM

Pair belly breathing with positive affirmations to calm the mind and reframe your outlook.

Place your left hand over your heart and your right hand over your belly. Inhale and notice them rise, exhale notice them fall. Before each deep breath – say a positive “I am” statement out loud. As you breathe, imagine you are bringing all of that quality that exists within you to share out into the world as you exhale.

I am strong.

I am brave.

I am kind.

I am powerful.

I am important.





Go on a nature walk!





# It's a Journey, not a destination

As we close out, let's remember that social emotional health is an ongoing journey!



## Upcoming Learning Sessions

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Join us for the next two  
Learning Sessions of our  
Family Connect Summer  
Series!

*Staying*

*EnergizEd*

*July 7<sup>th</sup> 3-3:45pm CST*

*NourishEd*

*July 28<sup>th</sup> 3-3:45pm CST*

*at home!*

Register at [www.actionforhealthykids.org/events/](http://www.actionforhealthykids.org/events/)

# Let Us Know!

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Open the camera on your mobile device to scan the QR code on the screen.

Complete this survey to help us continuously improve our learning sessions.

Time: 10 minutes or less



TITLE OF LEARNING SESSION

Questions? Email us at [contactus@actionforhealthykids.org](mailto:contactus@actionforhealthykids.org)



**Every kid healthy, active and ready to learn**

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