



CREATING HEALTHY SCHOOLS AND COMMUNITIES IN SYRACUSE

Ideas for School Building Wellness Activities

<input type="checkbox"/>	Install an indoor walking trail
<input type="checkbox"/>	Utilize classroom brain breaks (Go Noodle, Brain Gym)
<input type="checkbox"/>	Hang posters in the classroom with health messages
<input type="checkbox"/>	Incorporate healthy school announcements
<input type="checkbox"/>	Form a building wellness team
<input type="checkbox"/>	Host a wellness night
<input type="checkbox"/>	Host a family health fair
<input type="checkbox"/>	Start a before/after school physical activity group (walking or some other activity)
<input type="checkbox"/>	Host an after school cooking class
<input type="checkbox"/>	Have a building wide wellness challenge (calendar of activities)
<input type="checkbox"/>	Have students work with the school library to create a wellness display
<input type="checkbox"/>	Host a speaker for special event
<input type="checkbox"/>	Work with colleagues to incorporate wellness into their classroom instruction
<input type="checkbox"/>	Work with students to create container gardens in the classroom
<input type="checkbox"/>	Apply for mini-grants
<input type="checkbox"/>	Install physical activity stenciling on building pavement (supplies provided)
<input type="checkbox"/>	Implement yoga in the classroom
<input type="checkbox"/>	Host a roller skating party at your school building
<input type="checkbox"/>	Have a snow shoeing night