

101 Actions You Can Take Right Now for Healthy, Happy Kids!

Be an Action Hero — show you care, find your unique role, use your voice, get involved at school, or find something you can do to take action that fits your lifestyle, your own way — **every action counts!**

Help us get to 1 million actions 2025! Share your action here: <https://www.actionforhealthykids.org/submit-action>

Live a Healthy Lifestyle

- 1 Start the conversation with your kids about healthy lifestyle benefits.
- 2 Model healthy behaviors.
- 3 Set healthy goals with your child, post to social media and stay accountable (tag #takeaction4healthykids on Twitter @Act4HlthyKids or Instagram @act4healthykids).
- 4 Make a healthy food swap (like fruit for candy).
- 5 Eat together as a family.
- 6 Recognize children's good behavior with praise and other non-food rewards.
- 7 Read nutrition labels for serving size and healthy ingredients.
- 8 Create a fun challenge with other families and compete to reach healthy goals.
- 9 Talk to your kids about the dangers of vaping.
- 10 Play with your kids instead of watching them play.
- 11 Get to know your child's friends.
- 12 Help your kids talk through their feelings. Don't forget to talk through yours with someone, too.
- 13 Swap movie night for game night.
- 14 Make sure your family gets enough sleep — sleep affects mood.
- 15 Model your own happiness — happy parents are statistically more likely to have happy children.
- 16 Laugh more! Laughter is contagious and increases happiness.
- 17 Teach your kids how to build relationships and how to relate to others.

- 18 Encourage kids to perform small acts of kindness to build empathy.
- 19 Hold family meetings for regular check-ins, updates and quality time together.
- 20 Spend time with grandparents or senior citizens to reap benefits of learning cooperation and being more compassionate.
- 21 Engage with your local community — join supportive communities through groups, park districts, or clubs!
- 22 Rig your kids' environment for happiness: less TV and more activities.
- 23 Teach kids to be thankful; positive emotions can boost immune systems.

Learn and Share

- 24 Learn about creating healthier school communities and [healthy schools](#).
- 25 Take the [healthy school quiz](#).
- 26 Ask to see your district or school wellness policy.
- 27 Host a service project at school or in the community with other parents for [Every Kid Healthy Week](#).
- 28 Join AFHK's [Healthy Kids Network](#) and connect with other parents and family members.
- 29 Ask your kids what they do in PE class or recess.
- 30 Ask your kids what they ate for lunch at school.
- 31 Go to AFHK's [resources for parents and families](#) to find more information and activities.
- 32 Talk to your school's principal about healthy initiatives.
- 33 Find out what AFHK is doing now in your [community](#).

- 34 Take an AFHK [class or webinar](#) to learn more.
- 35 Attend a [local AFHK workshop](#).

Practice Mindfulness

- 36 Practice mindfulness techniques at home your child can use at school: Try the [Starfish](#).
- 37 Talk to your school about implementing mindfulness and stress-reduction techniques in class.
- 38 Start the morning with the yoga pose downward dog to release stress and energize the body for the day.
- 39 Introduce brain breaks in your kid's classroom. Try [GoNoodle](#).
- 40 Set a daily reminder to take a mindful moment.
- 41 Get outside! Green space boosts your mood and attention span.
- 42 Post a picture doing your favorite brain break with your family on social media with #takeaction4healthykids.
- 43 Take 5 minutes with your kids to meditate and set healthy intentions for the day.
- 44 Make meal time screen-free to allow everyone to talk and enjoy their food.

Be Fit at Home

- 45 Budget free unstructured time to promote intellectual, physical, social and emotional well-being.
- 46 Track each family member's step count for the day to crown a champion.
- 47 Take a 10 minute walk around the block before or after dinner.
- 48 Screen Time Swap: Challenge your kids to play outside for an hour.

- 49 Log your run, walk or other activity with [Charity Miles](#) for AFHK.
- 50 Fundraise for AFHK or run a marathon with [Team Healthy Kids](#).
- 51 Post your family fitness fun on social media and use #takeaction4healthykids.
- 52 Sign up for a local 5K with the family, and train together.
- 53 Take a hike, or bike, as a great way to see the sights on vacation.
- 54 Find a new local park to explore.
- 55 Step up and park in a spot further away from work or the grocery store.
- 56 Take the stairs.
- 57 Get off the train or bus earlier and walk the rest of the way.
- 58 Exercise while watching television with your kids—climb the stairs during commercials.
- 59 Incorporate games while watching sports—for every score, your family does jumping jacks.
- 60 Have a family and friends dance-off.

Stay Fit at School



- 61 Walk or bike to school. If that's a challenge, work with the community to create safe routes to school.
- 62 Make sure recess is daily at school, with indoor and outdoor activities for all seasons.
- 63 Beautify the school playground with murals.
- 64 Go play with your kids at recess or serve as a recess monitor.
- 65 Join your kids in PE class for [Take Your Parent to PE Week](#) in September.
- 66 [Fundraise](#) using physical activity challenges, walks or fun runs.
- 67 Make playtime fun by playing tag or other movement-based activities.
- 68 Freshen up the playground with new equipment.
- 69 Introduce new sports like badminton, bocce ball or floor hockey to kids.

Cook Healthy at Home



- 70 Cook a healthy meal together as a family.
- 71 Try a new [healthy recipe](#).
- 72 Plant a garden for fresh fruits and vegetables at home.
- 73 Post a healthy snack on social media and tag #takeaction4healthykids.
- 74 Try a new fruit or vegetable your kids choose at the grocery store for an in-home taste test.
- 75 Find different options to avoid unhealthy fast food
- 76 Start a healthy herb garden and use to spice up your family meals.
- 77 Provide healthy and fun after-school snacks (colorful combinations or shapes).
- 78 Go grocery shopping together and talk about where vegetables, fruits, grains, dairy, and protein foods come from.

Eat Nutritious Food at School



- 79 Build a school garden.
- 80 Create healthy holiday celebrations at school.
- 81 [Fundraise](#) using healthy snacks, plants or other non-food items.
- 82 Incorporate more fruits and veggies into school with student taste tests.
- 83 Eat school lunch with your child—see what it's like, what they're eating and how much time they have to eat.
- 84 Make school lunches healthier—start by getting to know school cafeteria staff.
- 85 Make the cafeteria more inviting with colorful, healthy-eating themed murals.
- 86 Pack a new healthy snack for your child's lunch, and have them fill out a fun taste test survey.

Create a Healthier, Happier Classroom



- 87 Teach your kids how to control test anxiety with breathing exercises.
- 88 Dance it off or strike a yoga pose for a quick brain break.
- 89 Begin the day with a pledge to make healthy decisions.
- 90 Apply for a [school grant](#) to help make your kid's classroom healthier.
- 91 Ask your kids if they get to play or relax during the day.
- 92 Ensure kids have safe drinking water access.
- 93 Advocate for healthy academic and behavior rewards in class.
- 94 Help teachers get what they need for happier, healthier classrooms.
- 95 Advocate for active indoor classroom movement between lessons.

Band Together



- 96 Engage other families by starting or joining a health team at your school.
- 97 Create a family Facebook group for your school to advocate for your kids and discuss ways to make change.
- 98 Meet the change makers at your school: principal, teachers, PE instructors, wellness coordinators, food service directors.
- 99 Join the PTA or PTO at your school to learn more about your school's health and wellness policy.
- 100 Advocate for increased access to healthy eating and physical activity to the school district administration.
- 101 [Donate](#) or [fundraise](#) to support AFHK.

To access links in document: actionforhealthykids.org/101-actions



Every kid healthy, active and ready to learn

actionforhealthykids.org • 600 W. Van Buren St., Suite 720, Chicago, IL 60607 • 1.800.416.5136