

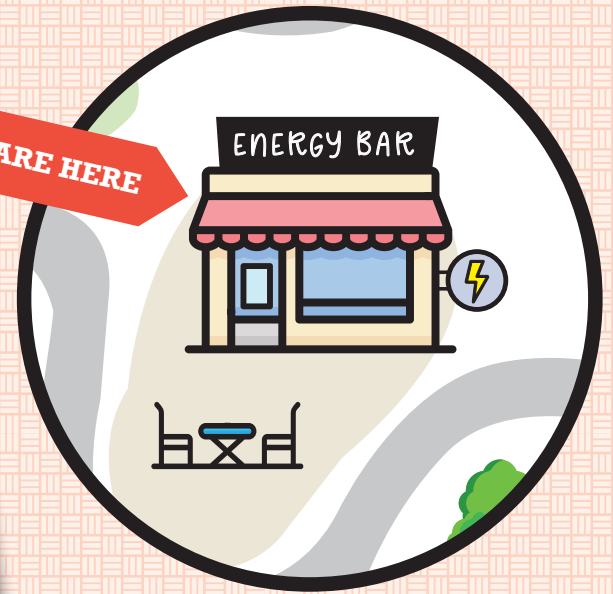
welcome to the ENERGY BAR

Get ready to fuel up your body and mind!

WANT THIS MAP?
GET A COPY AT
KIDSTIR.COM/MAP



YOU ARE HERE



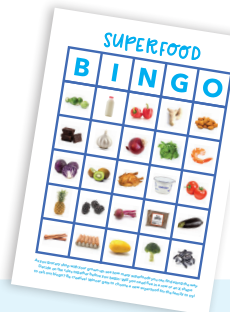


HELLO, FRIEND!

So glad you're here! Before you get started, close your eyes and think about something you did recently that made you feel really great. Maybe you scored a goal or got a 100 on a quiz.

No matter what it is, one thing is certain: Your body had the **ENERGY** it needed to help you do and feel your best. And that's what this box is all about. At the Energy Bar, you'll learn how **FOOD, MOVEMENT,** and **SLEEP** work together to power you up. And guess what? **YOU** are in charge every step of the way.

Think you're up for trying some new foods? Bring your **SUPERFOOD BINGO BOARD** to the grocery store and see how many you can find. Want to actually look forward to bedtime? We've got a **SILLY SLEEP MASK** that will make all the difference. And when you wake up, you can grab your **RAINBOW JUMP ROPE** and hop your way into a new day!



THE LIFE SKILLS YOU'LL PRACTICE IN THIS GROWING UP GUIDE
 Focus Goal-setting Health Awareness Initiative Self-regulation

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Share your adventures at the Energy Bar with us!
We can't wait to see you in action!

1

2

WANT TO KEEP THIS PAGE IN YOUR GUIDEBOOK? PUNCH OUT THE 3 HOLES!

3

FUELED
UP FOR
FUN!

EATING FOR ENERGY

HEALTHY FOODS HELP YOU
PLAY AND LEARN ALL DAY!



FAMILY CHAT








- Which healthy food do you like now but didn't when you were younger?
- What can we do as a family to eat a little bit better?
- You can eat only one food for a week. What is it?

My FAVORITE FOODS

- 1.
- 2.
- 3.
- 4.
- 5.

CHOW DOWN, POWER UP!

Food is full of *nutrients* that fuel the body in different ways. These four are called *macronutrients* because you need to eat a lot of them!

				
	CARBOHYDRATES	FIBER	PROTEIN	FAT
WHAT IT IS	Think of carbs like the gas in your car. They give energy to every cell in your body! There are two types: sugars and starches.	This is a type of carbohydrate that moves food through your digestive system. It also helps you feel full so you don't overeat.	Protein helps build your muscles and organs. 	Your body stores fat to use for energy later. Fat also protects your organs and helps vitamins get where they need to go.
WHERE IT'S FOUND	Fruit, bread, cereal, pasta and veggies such as corn and potatoes. They're also in sweets like candy and soda.	Whole grains like wheat and brown rice, beans, and fruits and veggies.	Meat, eggs, fish, dairy, nuts, and beans. 	Meat, eggs, cheese, oils, nuts, and some fish, as well as fried foods, fast food, and baked goods.
WHAT IT DOES	Super sugary foods give you a lot of energy really fast—but it doesn't last long. You can end up feeling more tired than before!	Fiber helps you poop. Hooray! 	Protein gives you long-lasting energy, which makes it great to have in the morning before school, a test, or a big game.	Some fats are healthier for your body than others. The kind in avocados, nuts, and olive oil actually help your heart!

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YOUR BODY ALSO NEEDS A LOT OF WATER. IF PLAIN WATER IS TOO BORING, ADD SOME SLICED FRUIT!

kitchen mission

DECODE THE NUTRITION LABELS

Ever notice those black-and-white charts on food packages? They're called Nutrition Facts labels, and they tell you exactly what's inside that bag, box, can, or jar. Here are four things to check for before you eat:

1. Are the first two ingredients good for you?

Ingredients are listed in order of amount from largest to smallest. Limit foods that have sugar as a main ingredient.

2. Do you see the words partially hydrogenated oil or high-fructose corn syrup?

These two ingredients are especially unhealthy— and worth avoiding completely.

Nutrition Facts	
Serving Size 5 cookies Servings Per Container 9	
Amount Per Serving	
Calories 180	Calories from Fat 20
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 41g	14%
Dietary Fiber 1g	20%
Sugars 10g	
Protein 5g	10%
INGREDIENTS: Wheat Flour, Sugar, Oil, Dextrose, Folic Acid, Salt, Maltodextrine, High-Fructose Corn Syrup, Baking Soda	

3. How much fiber (or dietary fiber) does it have?

With foods like bread, pasta, cereal, and snack bars, look for at least 2.5 grams of fiber.

4. Are there lots of ingredients you don't know or some that you can't pronounce?

That may be a sign the food has artificial ingredients and isn't particularly good for you.

DID YOU KNOW? Food companies are required by law to provide Nutrition Facts labels.

GIVE IT SOME THOUGHT

Which info is more reliable:

The big words on the package that tempt you to buy it or the small words in the Nutrition Facts label?

now for your mission!

Take this list to the kitchen and check some labels using the guidelines above. Did any of your discoveries surprise you? **Check Yes or No.**

- 1. **MAC 'N' CHEESE BOX** YES // NO
- 2. **BREAD** YES // NO
- 3. **CEREAL** YES // NO
- 4. **CRACKERS** YES // NO
- 5. **GRANOLA BARS** YES // NO
- 6. **KETCHUP** YES // NO
- 7. **PASTA SAUCE** YES // NO
- 8. **YOGURT** YES // NO

BE A SUPERFOOD HERO

Some foods are real nutrition superstars, helping your body in specific ways. Check the ones you already eat and circle the ones you'd like to try. Remember, these are just a few examples. You'll find tons more at the grocery store!



SWEET POTATOES

Help you see in the dark!



GUAVA

Helps you run fast!

The nutrient that gives guava its pinky-red color also helps your lungs. Cool!



KALE

Makes your bones strong!



BLUEBERRIES

Boost your brain power!



AVOCADO

Helps you feel happy!



QUINOA

Keeps your belly full!



RAW HONEY*

Fights colds and coughs!



SALMON

Keeps your heart strong!



TIME FOR SUPERFOOD BINGO!

When your family goes grocery shopping, **grab your bingo board and see how many superfoods you can find.** Decide on the rules with your grown-up: Will you need five in row or an X shape to call bingo? Be creative! The winner gets to choose a new superfood for the family to try.

*Don't give honey to babies under age 1.



WANT TO PLAY AGAIN? Download extra Bingo game boards at kidstir.com/bingo.

go, slow, & whoa!

YOUR SMART-EATING CHEAT SHEET

This handy chart can help you make good-for-you choices. Your goal? Eat a lot of Go foods, some Slows, and just a few Whoa ones. Use the tracker on the back to see how your choices stack up.

<p>WHOA Stop and think before you eat! Whoa foods are very high in sugar, fat, and/or calories, and often don't have many vitamins. Consider them once-in-a-while treats.</p>		<p>SODA CANDY ICE CREAM CAKE + COOKIES REGULAR CHIPS FRIED FOODS</p>
<p>SLOW Foods you can eat sometimes—like two or three times a week. They tend to be higher in sugar, fat, and/or calories than those in the Go category.</p>		<p>BURGERS PROCESSED MEATS 100% FRUIT JUICE BAKED CHIPS CRACKERS + PRETZELS PANCAKES</p>
<p>GO Foods you can eat anytime! They're low in sugar, fat and/or calories, and they usually have lots of vitamins and minerals. Try to eat as many different Go foods as you can!</p>		<p>DAIRY + EGGS WHOLE-GRAIN FOODS WATER FRUITS + VEGGIES FISH + LEAN MEAT BEANS + NUTS</p>

Source: National Heart, Lung, and Blood Institute.

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SO WHAT ARE CALORIES? Calories are units of measurement. They tell you how much energy is in a food. For instance, an apple has 95 calories. A slice of pizza has 285. Calories also measure how much energy your body burns through daily activity. Your body is like a machine: You have to refuel it with three meals a day so it can continue to run!

go, slow & whoa

MY FOOD TRACKER

Use this log to write down what you eat and drink for five days. It's ok if you can't remember everything, just do your best.

Remember, a healthy diet has a lot of different Go foods, some Slow foods, and just a few Whoa foods. At the end of the week, add up the number of foods in each column.

DAY	go	slow	whoa
1			
2			
3			
4			
5			
TOTAL			



THINK YOU CAN DO EVEN BETTER IN ONE CATEGORY? Repeat the challenge next week. Get a new tracker at [kidstir.com/foodtracker](https://www.kidstir.com/foodtracker).

CATCH
ME IF
YOU CAN!

POWER MOVES!

BEING ACTIVE IS YOUR
SECRET ENERGY SOURCE



I LOVE TO PLAY ...

- 1.
- 2.
- 3.
- 4.
- 5.

FAMILY CHAT

- What's everyone's fitness personality: not-so-sporty, casually sporty, or very sporty?
- What's something your family could do together to be more active?
- What's the coolest physical feat you've ever accomplished?

CHARGED UP FROM HEAD TO TOE

Did you know that every time you do something active, you're making your body stronger and healthier from the top of your head to the tip of your toes? Know what else? You're actually creating your own source of energy. Exercise literally revs you up! Here's what happens in your . . .

HEAD

The brain releases endorphins, cool little chemicals that help you focus, concentrate, and feel happy. Woo!

HEART + LUNGS

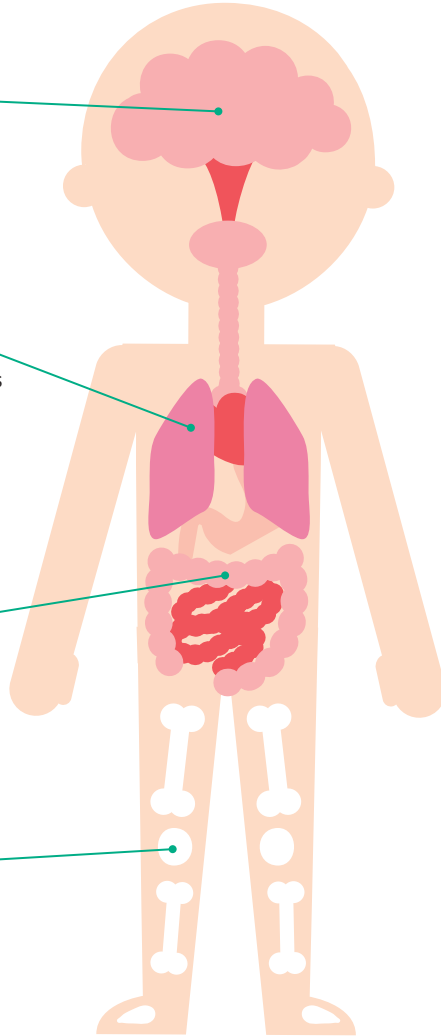
Activity strengthens these organs so they can pump more blood and oxygen (also known as *energy*) to your cells.

BELLY

Moving burns the extra calories you eat, which helps you have a healthy weight.

BONES

Every time you do anything on your feet, your muscles tug on your bones, which makes them both stronger.



#GOALS

Your body needs to work up a sweat every day. It's 100-percent up to you to decide how that happens. We've got tips!

#GOAL HAVE FUN!

If you already love sports, great! But if teams aren't for you, no worries. Keep trying different things till you find something you love!

#GOAL AIM FOR

60 MINUTES Try to play hard for an hour a day. You can do it all at once or in little bits throughout the day. Just make sure your heart beats faster and your breathing gets heavier. That's called aerobic (say *uh-RO-bic*) activity, and it's like magic for your body.

pulse check

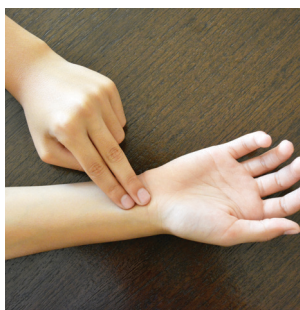
FEEL THE BEAT!

Your pulse allows you to feel your heart beating on the *outside* of your body, usually on your wrist or neck. The speed of your pulse tells you how hard your heart is working during different activities. When you run around, your heart gets stronger, which means you can play longer!



FIND YOUR PULSE ON YOUR NECK

Place your index and middle fingers on the side of your jaw. Slide them down your neck, pressing lightly, until you feel a beat under your skin. It may help to tip your head back slightly.



FIND YOUR PULSE ON YOUR WRIST

Open your palm. Place your other index and middle fingers on your thumb, then slide straight down to your wrist. You should feel the beat right below the crease separating your hand and arm.



TIME YOUR TICKER

You can use your pulse to measure your **resting heart rate**—the number of times your heart beats per minute. You'll need a watch or clock with a second hand (or a grown-up who can help you use a timer), and a pencil.

1. When you're calm, sit down in a comfy spot.
2. Find your pulse on your neck or wrist (whichever is easiest).
3. Count the number of beats you feel for 1 minute. Write the number in the box below. This is your **resting heart rate**.

RESTING HEART RATE



THE MORE ACTIVE YOU ARE, THE LOWER YOUR RESTING HEART RATE WILL BE. THAT'S GREAT!

experiment

MY HEART TRACKER

Learn how different activities change your heart rate! Do each move and then immediately take your pulse (see instructions on page 3). Wait at least five minutes between each experiment.



My Heart Tracker

- Resting heart rate _____
- Walk around the room for 2 minutes _____
- Hop on one foot for 1 minute _____
- Run as fast as you can for 1 minute _____
- Do 20 sit ups _____
- Do 25 jumping jacks _____
- Hold a plank position for 15 seconds
(or as long as you can) _____
- Dance to your favorite song _____
- Walk the stairs for two minutes _____

Some activities don't affect your heart rate very much. That's ok. They might be making your arms stronger or legs more flexible instead!



P.S. Visit [kidstir.com/activityjar](https://www.kidstir.com/activityjar) for a printable list of instant activities. Cut them out, then put 'em in a jar so they're at the ready!



JUMP TO IT!

Jumping rope is one of those cool activities that gets all your muscles working at once. Plus, it's super fun! Use your **RAINBOW JUMP ROPE** to try these moves.

IN A GROUP

SNAKE Two people hold the ends of the rope about 12 inches (or less) above the ground and wiggle it back and forth. Starting with two feet on the ground, jumpers try to leap over the snake.

HELICOPTER One person stands in the middle and spins the rope in a circle on the ground. Everyone tries to jump when it gets to him or her. The first person to step on the rope becomes the new spinner.

GOING SOLO

BUNNY HOP Jump (or hop!) on one foot.

JACKS Do one jump with your feet together and the next with your feet apart. Keep switching!

SPEEDY Jump as fast as you possibly can!

SCISSORS Jump with one foot forward and one foot back. Switch!

HEEL TAPS Tap one heel in front of you, switching with each jump.

SIZING UP YOUR ROPE Stand on the middle of the rope. The handles should be somewhere between your armpits and shoulders—no higher. If your rope is too long, pull a few inches through a handle and tie a knot.

take the pledge

"I PROMISE TO SHAKE MY BOOTY!"

We're serious, people! This is a real thing we're hoping you'll actually do now that you know even more about why being active is so important.

By signing this promise, you pledge to move your tush in some way every single day. Why swear to shake your butt? Simple: It's the biggest muscle in your body, and you need it to do almost everything. Your behind is stealthy that way. Shimmy over to a pen, and let's do this!



THE "SHAKE MY BOOTY" PLEDGE

I, _____, do
 so solemnly swear to SHAKE MY BOOTY for
 at least 60 minutes everyday in whatever way
 makes me happy! By signing this pledge,
 I also understand that I do NOT have to get all
 my minutes at once. Five minutes here.
 Ten minutes there. It all counts!

 SIGN AND DATE HERE



Get a printable version for everyone in the family at [kidstir.com/pledge](https://www.kidstir.com/pledge).

PLAY HARD,
SLEEP
BETTER!

YOU SNOOZE, YOU WIN!

RECHARGE! GROW! DREAM! SO
MUCH HAPPENS WHEN YOU SLEEP!



FAMILY CHAT

- Have you ever controlled what happened in a dream?
- How does each person in your family behave when they're really tired?
- How do you feel about sleeping over at other people's homes?

THE BEST DREAMS I'VE EVER HAD

- 1.
- 2.
- 3.
- 4.
- 5.

7 TOTALLY UN-SNOOZY FACTS

Wake up to the cool and curious world of Dreamland!

Kids spend almost half of childhood asleep. That's how much you need!



Your body has its own clock: It's called your circadian (say *cir-CAY-di-uhn*) rhythm.

The longest a human has stayed awake is 11 days!



Some people sleep with their eyes open!



You're longer when you sleep. It's true! The discs in your spine spread out when you're lying down.

You also GET taller! This is when your body does most of its growing.

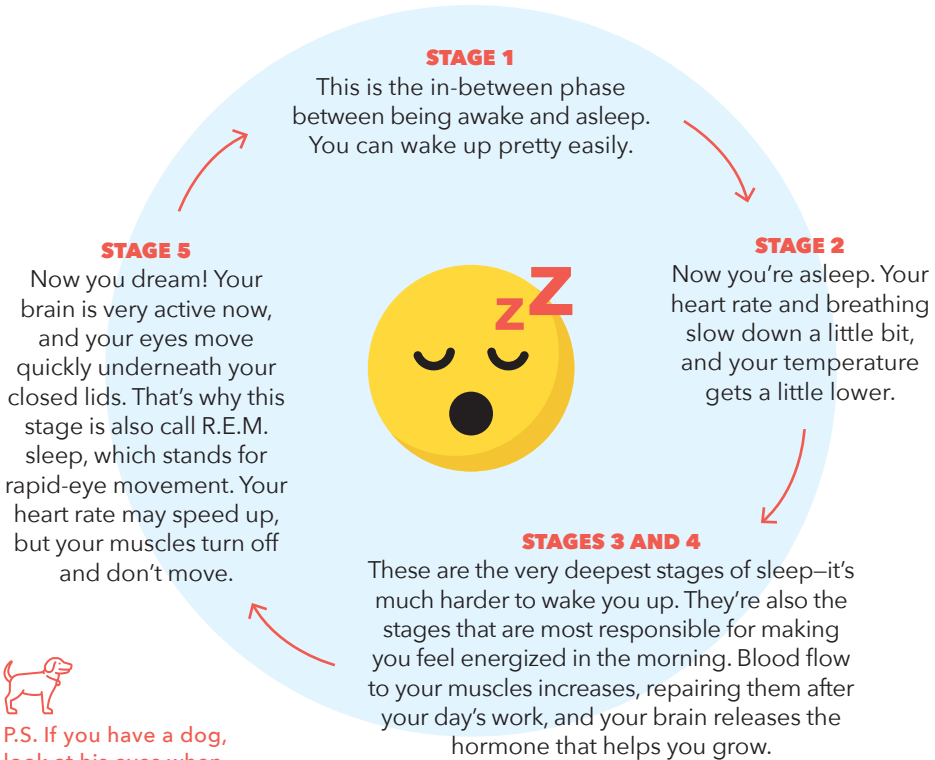
IT TAKES THE AVERAGE PERSON ABOUT 15 MINUTES TO FALL ASLEEP.

DID YOU KNOW? Kids in elementary school need 10 to 11 hours of sleep. Sometimes it's really obvious when you're not getting enough, but some signs are sneaky. You may feel hyper, irritable, and/or you may have a hard time paying attention. If any of this sounds like you, talk with your grown-up about what you can do to get a little more snooze time.

Zzzzz...

WHAT HAPPENS WHEN YOU'RE IN BED ALL NIGHT ANYWAY?

A lot! In fact, your brain moves through FIVE different stages of sleep. And that cycle is repeated about every 90 minutes until morning. Here's what's going on:



P.S. If you have a dog, look at his eyes when he's asleep. You may see him dreaming too!



SWEET DREAMS! Some Native American tribes hang dream catchers over their beds to protect against nightmares. Visit kidstir.com/dreamcatcher for the how-tos.

CATCH THE SLEEP THIEF!

Can you stop the sleep stealers before they get away with your Zzz's? Match each one with the correct sleep soother.

SLEEP STEALERS



Screen time before bed



Staying up too late



Sugary snacks and drinks



Drinking caffeinated beverages



Being very active before bed



Having chilly feet

SLEEP SOOTHERS

Slip on socks. Scientists have found that having warm-and-cozy toes actually gets your body ready to rest.

Eat a banana. It has magnesium and potassium, which relax your muscles.

Listen to quiet music. Being active right before bed wakes you up. Do something calm instead.

Unplug an hour before bedtime. The light from screens interferes with your internal body clock.

Have a glass of warm milk. Milk contains a compound that helps you feel sleepy.

Go to bed at the same time every day. You get the best rest when you go to sleep and wake up on a schedule.



MEET YOUR MASK! Bright light is one of the biggest sleep stealers of all—whether it's from street lamps outside, early sunrises, or even that little nightlight. If you can't turn 'em down, then block 'em out with your **SILLY SLEEP MASK!**

MY ROAD TO DREAMLAND

When you do the same things each night before bed, your brain gets the message that it's time to head off to Dreamland. Everyone's routine is different (except for getting hugs and kisses!). Just do what works for you. Review the wind-down ideas and then write down a few to try. Tip: Always do them in order!

WIND-DOWN IDEAS

- Turn off all the screens
- Dim the lights
- Draw
- Play a quiet game
- Listen to quiet music or white noise*
- Write in a journal
- Listen to a calming audiobook or podcast
- Read a book
- Take a bath or shower
- Eat a healthy snack
- Drink warm milk or chamomile tea with honey
- Say prayers or give thanks


 DON'T FORGET:
 EVERYONE NEEDS TO
 BRUSH AND FLOSS
 EACH NIGHT!




MY ROUTINE

1. _____
2. _____
3. _____
4. _____

*** What's white noise?** Think of the sound a fan makes. It's just a low, consistent sound that blocks out other noises. Some sound machines have a white-noise setting too.



DOWNLOADABLE Post this card next to your bed or get a printable version at kidstir.com/dreamland.



SLEEP SOS!

Sometimes, even if you're really tired, it can be hard to fall asleep. If that happens, try one of these helpers:

BREATHE WITH YOUR BELLY While you're lying down, put a small stuffed animal on your belly. Take a couple of slow deep breaths and watch the animal go up and down. Then close your eyes, and breathe in slowly as you count silently to 3. Hold your breath for 3 seconds, then slowly breathe out for 3. Keep repeating the 3-3-3 pattern.

SQUEEZE AND RELAX While lying down, squeeze your toes as hard as you can for five seconds, then let go. Next, squeeze all the muscles in your legs for five seconds; let go. Do the same with your belly, back, shoulders, and face. Then squeeze all your muscles and release everything as once.

PASS ON YOUR WORRIES If you're feeling nervous about something, write it down in a worry notebook. That way the worries get out of your head so you can rest. And always remember to tell a grown-up who loves you.

CREATE YOUR OWN SLEEPOVER RESCUE KIT!

No doubt about it, sleepovers are super fun...until you're the last one awake! If you have trouble sleeping in different places, make this kit!

- **Disposable foam earplugs** They block out noisy breathers and outright snorers.
- **Tablet or phone with headphones** You can listen to music or a book (no videos!).
- **Sleep mask** Just in case a light is on.
- **Lavender inhaler** The scent of lavender can help you relax. You can pop the cap and breathe in the scent. Keep this next to your bed too!

