



HEALTH AND WELLBEING SNACKS



CGMHBA
HEALTHY
HEROES



HI KIDS!

Inside this booklet you will find a range of health snacks to help you power through the day and achieve success both in and out of the classroom.

These health snacks are quick and easy to do and will help your brain and body grow to be like your Healthy Heroes.

Inside this booklet you will find health snacks on:

- **Healthy eating**
- **Active lifestyle**
- **Wellbeing**

These are our favourite health snacks that we use at training, at home and with family and friends. All of these health snacks help us:

- **Have lots of energy to play and learn**
- **Get refreshed to attack another challenge**
- **Give our bodies all of nourishment it needs it needs to concentrate**
- **Relax when we want to switch off**

Make sure to send through any of your creations or pictures of yourself and classmates completing these activities to schools@geelongcats.com.au. I love to look at these to get inspired when choosing my next health snack to complete!

*Tom
Hawkins*

Tom Hawkins

*Maddy
McMahon*

Maddy McMahon

*Joel
Selwood*

Joel Selwood

*Nina
Morrison*

Nina Morrison

HEALTHY SNACK AREAS

You can use your healthy snacks to:



ENERGISE

Did you know: Any exercise or physical activity that gets the heart rate up and the blood flowing releases endorphins (happy hormones!), which is going to raise your energy levels.



CONCENTRATE

Did you know: Exercising and being physically active in the morning helps you focus during the school day.



IMPROVE MOOD

Did you know: Eating healthy food sends messages to your brain to make you 'feel good'. Physical activity and mindfulness do the same.



PLAY

Did you know: Play can be playing your favourite game or sport, learning a new skill, dressing up, being active, or being quiet and using your imagination. Play helps to develop healthy bodies and healthy minds.



HEALTHY EATING SNACK #1

MADDY'S HERO VEGGIES 3 WAYS

Snack = 1 serve of vegetables

INGREDIENTS

- 2 slices wholemeal bread
- Sliced cucumber
- Sliced tomato
- Grated cheese
- 1 whole meal pitta bread
- Grated carrot
- Olives
- Lettuce



FIRST WAY: SANDWICH

Make a sandwich using slices of bread and your favourite vegetables.



SECOND WAY: PITA WRAP

Lay the pita on the bench and fill with favourite ingredients. Fold up the edges and its ready to eat!



THIRD WAY: BREAD SUSHI

Lay the bread out, cut off the crusts and roll flat. sprinkle over your favourite vegetables. Roll up firmly (like a snake), cut up into 3 pieces and store in your lunchbox.



HEALTHY EATING SNACK #2

TOM'S RAINBOW FRUIT CUP

WITH YOGHURT

Snack = 1 serve of fruit

INGREDIENTS

- Greek yogurt
- 1 Kiwi fruit
- 1 handful of grapes
- Muesli
- 4 strawberries halved
- 10 pieces of melon
- Small handful of blueberries

METHOD

Step 1: Grab a cup

Step 2: Add the grapes

Step 3: Add the blue berries

Step 4: Add the chopped kiwi fruit

Step 5: Add some rock melon pieces (or any other melon)

Step 6: Add some strawberries

Step 7: Add a spoonful of yoghurt on top and enjoy



TIP. YOU CAN TOP WITH SOME MUESLI TO GIVE SOME EXTRA CRUNCH



ACTIVITY SNACK #3

NINA'S CHAIR WORKOUT

Snack = 20 minutes of moderate to vigorous physical activity

INGREDIENTS

- Chair, seat or bench to perform your exercises (Note: Make sure your chair is in a stable position and doesn't slide everywhere)
- Timer (can use phone, watch or clock)

METHOD

Repeat the following circuit of 'chair exercises' 2-3 times:

Activity 1: 30 sec chair squats/30 sec rest

Activity 2: 30 sec chair tricep dips/30 sec rest

Activity 3: 30 sec chair calf raise/30 sec rest

Activity 4: 30 sec chair push-up/30 sec rest

1 minute rest before repeating the circuit again



FUN FACT: YOU DON'T NEED FANCY EQUIPMENT OR HEAPS OF SPACE TO EXERCISE! HOW MANY EXERCISES WITH A CHAIR CAN YOU COME UP WITH?



ACTIVITY SNACK #4

JOEL'S FITNESS UNO CARD GAME

Snack = 20 minutes of moderate to vigorous physical activity

INGREDIENTS

- Set of Uno cards
- Timer (can use phone, watch or clock)

FUN FACT: ANIMALS ARE THE INSPIRATION FOR MANY EXERCISES. YOU CAN CRAWL LIKE A BEAR, HOP LIKE A KANGAROO, DANCE LIKE A WORM, RUN LIKE CHEETAH, CLIMB LIKE A MONKEY

METHOD

- Step 1: Shuffle a deck of Uno cards and place them in the middle of the exercise area.
- Step 2: Start your timer/clock
- Step 3: Draw one card at a time off the deck
- Step 4: Draw a red card = 20 star jumps
- Step 5: Draw a blue card = 20 kick butt (while running on the spot)
- Step 6: Draw a green card = 10 bear crawl
- Step 7: Draw a yellow card = 10 high knees (while running on the spot)
- Step 8: Draw a draw 2, reverse, skip or WILD card = 5 push-ups
- Step 9: Work your way through the deck of cards as quickly as you can!
- Step 10: Stop the timer after you've completed all cards in the deck. What time did you get?



WELLBEING SNACK #5

CLAWDIA AND HALF CATS

MINDFULNESS JAR

Snack = 20 minutes of moderate to vigorous physical activity

Making a mindfulness jar, or glitter jar is an activity you can do to understand how your mind works when experiencing difficult emotions and how to calm down or focus during difficult times.

INGREDIENTS

- Jar or bottle (glass or plastic)
- Glue (clear washable glue or dish detergent)
- Funnel (or be prepared to clean up the mess)
- Glitter
- Warm water

NOW ITS TIME TO MAKE YOUR JAR!

- Step 1: Fill your bottle about 1/8 to 1/3 full with glue. The more glue you add, the longer it will take for the glitter to settle after shaking.
- Step 2: Add glitter, start with a tablespoon or so. Use a funnel to stop glitter going everywhere.
- Step 3: Fill the bottle the rest of the way with warm water. At this step, before filling the bottle all the way, you can leave a little less than at the top of the bottle, cap it, and shake it to see if you want to add more glitter, more glue, or just more water.
- Step 4: When the bottle is full up to the neck with water, glitter, and glue, cap it.

When the glitter jar is unshaken, the glitter is settled peacefully at the bottom of the jar. You can see clearly through it. The glitter can represent your thoughts. When we're feeling angry or upset (shake the bottle), thoughts are swirling around so we aren't able to think clearly. Watch the glitter though, it always settles. And as you watch the glitter settle, notice the mind settling too. When the glitter returns to the bottom of the jar, you will feel calmer and can think more clearly.

GLITTER JAR SNACKS

#1 NINA'S RELAXATION JAR

In the same way it can calm you when you're frustrated, shaking the bottle and watching the glitter settle can further relaxation when you're already calm. Try keeping it at the corner of your bed and use it when you are getting ready to sleep.

#2 TOM'S WAY TO LEARNING ABOUT THE BRAIN

You can use a glitter jar as a tool to explore how your brain works. When your emotions are rising up, the brain (the bottle) floods with cortisol (the glitter) and you flip your lid (shake the bottle), losing access to the prefrontal cortex, which helps us adjust well and make good decision in different situations. As you breathe, the cortisol dissipates (the glitter settles to the bottom of the bottle) and you feel calmer. This is when the prefrontal cortex comes back online, making it easier to feel calm and make better decisions.

#3 MADDY'S MINDFUL COMMUNICATION

Your whole family might like to use the glitter jar, by inviting everyone in your family to watch the glitter jar as a way to calm down. By communicating that you or another family member is upset or frustrated, you can practice communicating and regulating your emotions together. You might notice and share "We are all upset with lots of thoughts and feelings right now. So let's all take a break until the glitter in the calm-down jar has settled and then start talking again."

#4 JOEL'S CALMING JAR

Sometime the glitter jar is called the "calm bottle" or "calm-down bottle". The swirling glitter is very calming as it falls to the bottom of the bottle, for both kids and adults. If you're feeling frustrated, try it for yourself. Shaking the bottle feels just as good as watching the last few specks of glitter fall to the bottom of the bottle.

#5 CLAUDIA'S FOCUS— BUILDING: FIND IT FUN

Before you close the lid on your glitter jar, you might like to put one bigger piece of glitter, such as a letter of the alphabet (you can get these from craft stores and they are made from the same metallic material as the glitter). Searching for the larger piece of glitter as it swirls around in your jar, can help you focus your attention on the present-moment, and when you do this, your worries, or frustration can lose their power.

#6 HALF CAT'S FOCUS ON FALLING SPARKLES

You can try adding a few larger pieces of glitter to your jar, and as you shake the bottle choose one to focus on and watch. Watch that piece until it falls to the bottom, or you lose sight, in which case pick another until you can watch the sparkle fall to the bottom of the jar.



HEALTHY SNACK CHALLENGE

Tom and Maddy have a challenge for you.

It takes three weeks to change a habit and their challenge for you to change some of your habits to Healthy Hero habits. Each day complete a 'health snack' and record it in the table below. Tip, include your friends and family to make it even more fun!



**EAT MORE
VEGETABLES
DAILY**



**WATCH LESS
SCREEN TIME**



**MOVE MORE
DURING THE
DAY**



**DAILY PRACTICE
MINDFULNESS
DAILY**

Tick a habit to change



1 – Day one, good job!	2	3
4	5	6
7	8	9 – Nearly half way
10	11 – Over half way, keep going!!	12
13	14	15
16	17	18
19	20 – One more to go	21 – Congratulations!

Congratulations!

You have completed the three-week challenge! Don't stop there, your Healthy Heroes complete these health snacks every day to help them achieve their goals. Send us a picture of yourself completing your challenge to schools@geelongcats.com.au, it helps inspire us too!

Visit www.geelongcats.com.au/experience/community/resources for more great Healthy Heroes resources.