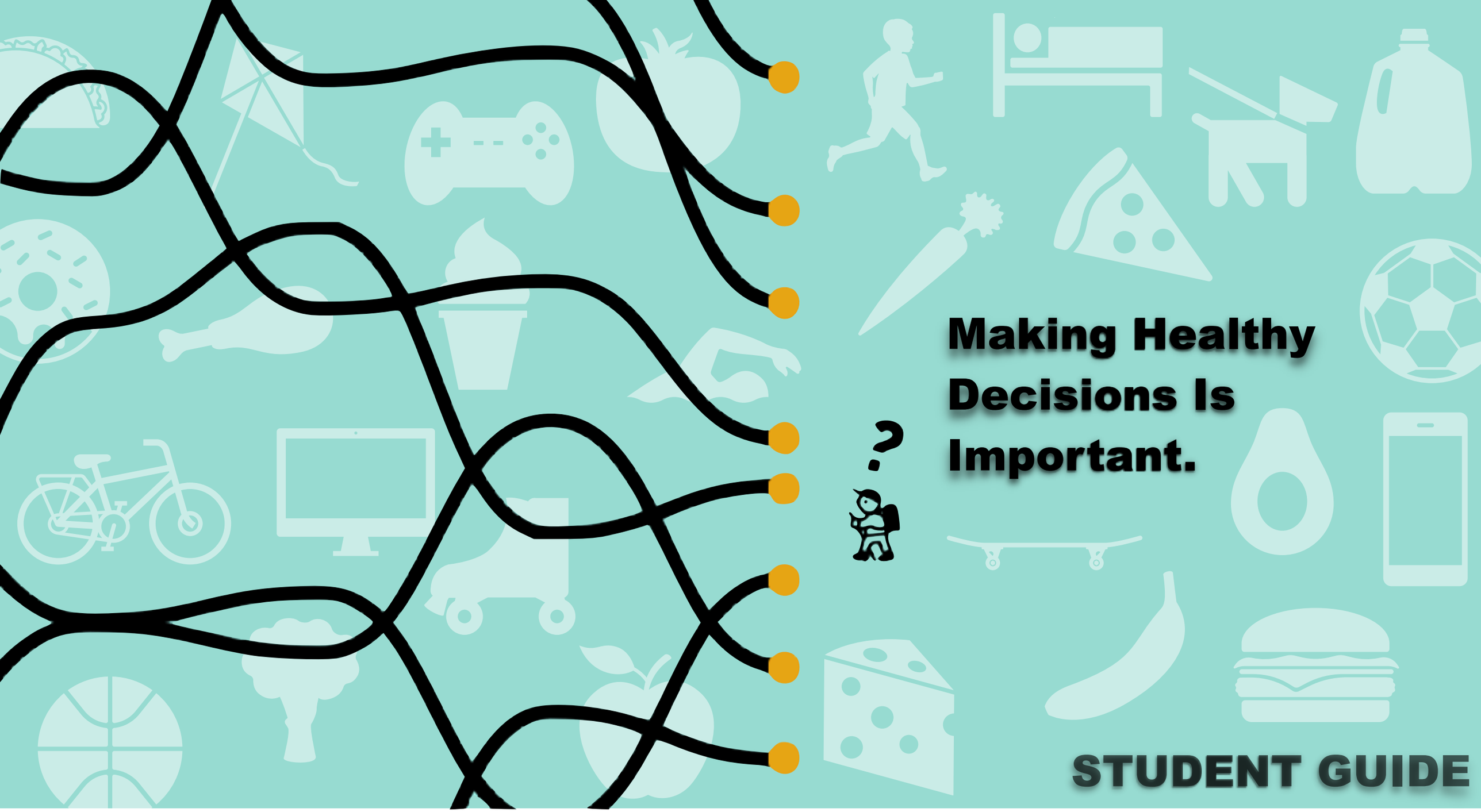

Kürzi

An Interactive Media Device and Curriculum Encouraging Healthy Decision Making in Youth

Partners

COSI
Center of Science and Industry

THE OHIO STATE UNIVERSITY
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

education projects.org

TINYCIRCUITS™

kürzi

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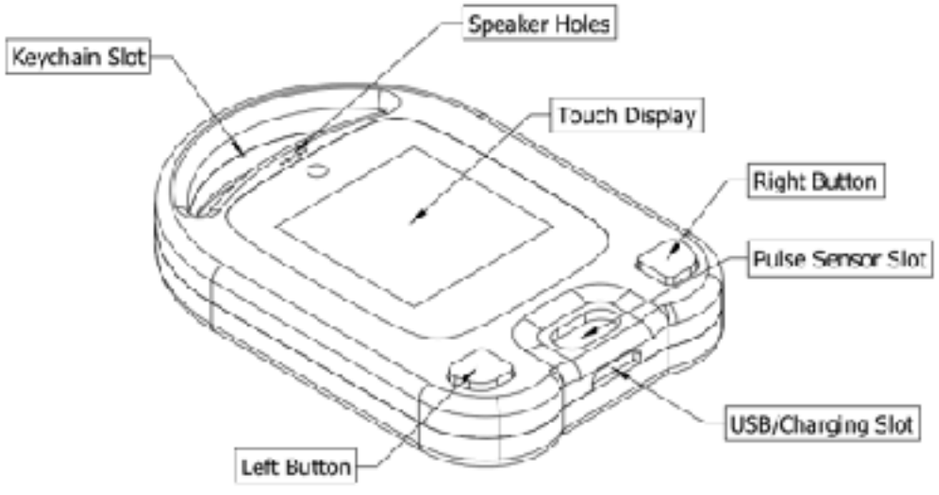
About Kürzi

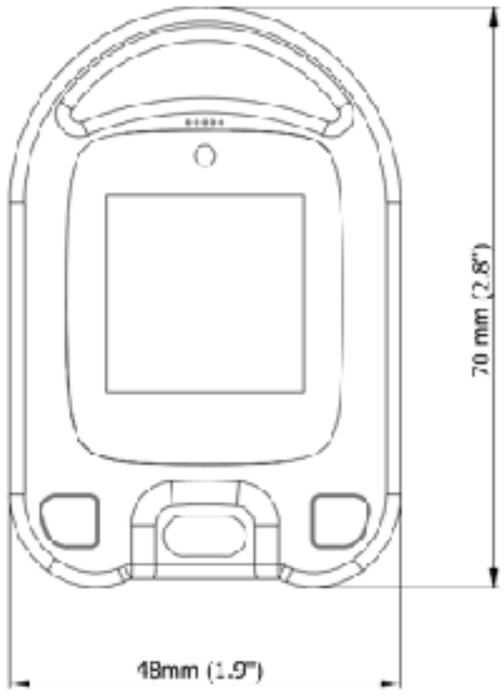
Introduction

Kürzi is a dust ball creature that appeared in a home you were cleaning up - a Kürzi bonds quickly with who discovers them! It's your job to help them make healthy decisions like eating healthy meals, exercising often, de-stressing, and going to sleep on time. **Kürzi's health is fading fast** - so act efficiently to avoid costly doctor appointments!

About

Kürzi fits in the palm of your hand. You will be paired with a Kürzi, and Kürzi will help track your health data, including pulse/BPM, step counter, and calories. Kürzi can be a friend and help you making healthy decisions together.





About Kürzi

Turning Kürzi On

To turn Kürzi on, locate the tiny black switch at the lower left corner. For the power switch, left is OFF, right is ON. Switch the power switch to the right to turn it on. The touch screen display will light up.

Charging Kürzi

If the screen is not lighting up, you may need to charge Kürzi. You can charge Kürzi through the USB charging slot at the bottom center of the device. To reach full charge, charge Kürzi for 1.5 hours.

Restarting Kürzi

In the event that Kürzi is frozen, you may need to restart the device. You can tell that Kürzi is frozen if everything on the screen is still and nothing is being animated.

To restart Kürzi, switch the power switch OFF (left) then ON (right). You will be taken to the startup screen where you can choose New Game or Load Save.

Time in Kürzi

Kürzi tracks both real world time and has its own separate game time. One minute in the real world = one second in Kürzi time.

We chose to have two separate times because we see students using Kürzi in class for only a brief amount of time, therefore, having real world time would not translate well to Kürzi.

Kürzi time does not impact the collected student health data. Data will still be collected in real world time.

About Kürzi

How to Interact with Kürzi

Kürzi has 4 different user input methods, or 4 ways to interact with the device: **1) touchscreen, 2) left button, 3) right button, and 4) pulse sensor**.

Touchscreen

There are a few ways you can interact with the touch screen: **tap** and **drag**.

Tap once on special objects to see interactive messages or play mini games. **Double tapping** on the left or right edge of the screen is used for navigating Kürzi to other rooms. Alternatively, you can also **press and hold** the left or right edge of the screen to navigate Kürzi to other rooms. Kürzi can also be **dragged** to desired locations on the screen.

Left Button

Press the left button to access the left button menu with teacher settings. You'll see three things: **a pulse reader (oximeter**), **a step counter**, and **statistics.**

Right Button

The right button accesses Kürzi's your (student's) health stats, coins, volume and brightness settings, Kürzi appearance customization settings, and save button. The four different health stats are recorded: **energy**, **nutrition**, **mood**, and **water**.

Pulse Sensor

The pulse sensor is located at the bottom center of the Kürzi device.There are two ways to activate the pulse sensor:

1. **Accessing the pulse oximeter in the left button menu** (left button->pulse oximeter). This will measure the student's pulse immediately. The resulting BPM will not be recorded in the teacher statistics screen.
2. **Interacting with the exercise equipment special object in the Outside room in Kürzi's environment**.

When the pulse sensor is ready, a red light will light up. Place your thumb gently and steadily on top of the sensor, covering both the sensor and red light. After a few seconds of even pressure, the next screen will appear, indicating that the pulse sensor has finished measuring the student's pulse. If the pulse sensor is not measuring the BPM, lift the thumb, and try again. If it's still not measuring after multiple tries, restart the device, access the pulse sensor, and try again.

About Kürzi

Startup Screen

When students first starts up the device, the screen will display **Clear the Dust,** prompting the student to “clear the dust” by shaking the device. Shake the device vigorously up and down for about two seconds until another screen appears. The following screen will tell the student that the room is “better” but to continue shaking the device to remove the dust from the couch. Shake the device vigorously up and down again for about two seconds.

Already Paired with a Kürzi

If you have already been using this device and are already keeping track of your health data, press **Load Save**. You will be directed to Kürzi’s environment where they can continue their gameplay.

Kürzi Appears

Once the dust is cleared, you will see Kürzi (the dustball) for the first time. Tap the screen/press the right button to learn more about Kürzi. Kürzi will then enter the doctor’s office.

Visiting the Doctor

In the doctor’s office, a doctor will guide you through Kürzi’s different game stats and how to take care of Kürzi’s stats. Follow the instructions on the screen. Tap on the screen or press the right button to go to the next instructions.

After tapping on the screen, the first thing to set up is the student’s BPM. Once the pulse sensor light lights up red, place your thumb, covering the pulse sensor and red light, gently and steadily on the device until the next screen appears (around 45 seconds). Release the thumb once the next screen appears. The dialogue will relay the BPM that was just measured and record that BPM in its stats. The following dialogue will give more details on how to replenish and maintain Kürzi’s stats.

Continue reading through the dialogue and tapping the screen/pressing the right button to go to the next dialogue to see how each stat works. Once the dialogue is finished, you will be redirected to Kürzi’s environment.

kürzi

About Kürzi

The Rooms:

Kürzi has four rooms to Kürzi's house: the 1) **outside**, 2) **living room**, 3) **kitchen**, and 4) **bedroom**.

You will focus on exercise activities when you are outside, consider your mood when you are in the living room, think about eating decisions when in the kitchen, and finally consider your energy level when you are in your bedroom. **(Activities done within the room plays will involve Kürzi and you.)**

Kürzi Mini Games

Fridger:

To play the Fridger mini game, you see a food falling down from the top of the screen and must click on the right decision (unhealthy left, or healthy right) before the food leaves the screen. If you chooses the incorrect answer three times, the game will end. Each time you play Fridger, you will earn coins for every correct answer.

Once the student wins or loses the game, a screen showing their game results will pop up. After you finish reading his/her performance, the student will be redirected to the PC Options Menu.

Burns More:

You are given two activity options on the left and right side of the screen. You choose which activity burns more calories. If you choose the incorrect answer three times, the game will end. After showing the game results, the screen will redirect to the PC Options Menu. Playing this game will earn x coins.

Stressy Guess:

To play the Stressy Guess mini game, you choose which option you think relieves more stress for Kürzi. Make a guess before time runs out to earn points and coins!

After you pick your choice, the game will reveal which option was considered relaxing or stressful to Kürzi.

Section 01

Healthy Decision Making

01 Healthy Decision Making

Introduction

How do you make decisions? What are the factors that lead to your decisions and how often do you evaluate the outcomes or consequences? Some of the consequences may increase your health while some of the consequences may not. Look at the decision tree below.

What are the healthy or not-so-healthy consequences of the “yes” and “no” answers in the diagram on the right?

Most of our decisions are not completely thought out. We do many things without thinking of alternative choices, because that is our habit. (Habit is something we have learned to do one way and go about it without much thought.) Many of these decisions are routine. Other decisions may seemingly give you no choice (such as what time to eat dinner, what time to get up for school.) These decisions are determined by outside factors (parents, catching the bus). There are lots of things you do that you do not even think about or that you do not think you are making decisions about, but many of those decisions may impact your health.

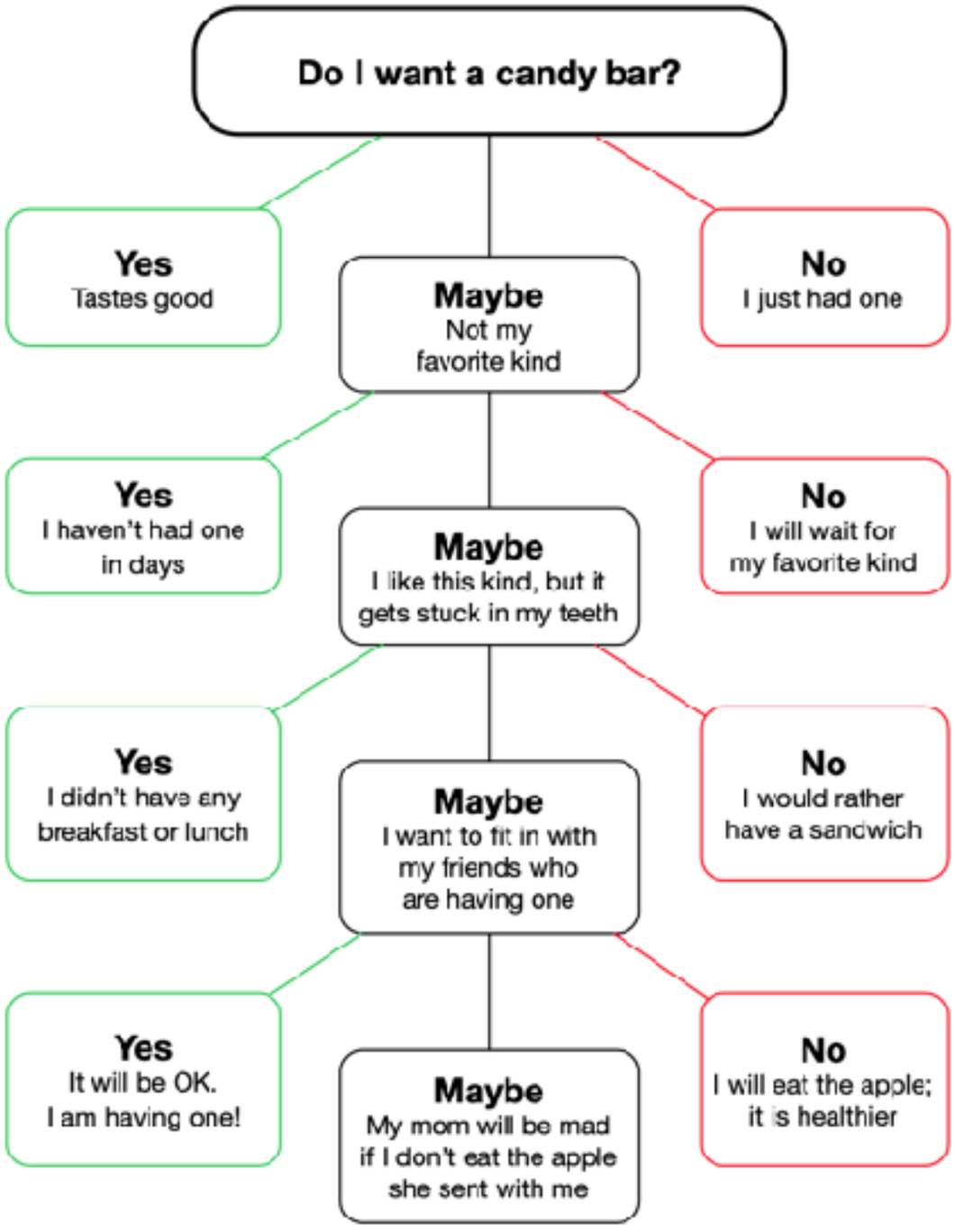


Figure 1: Decision Making Tree by EducationProjects.org.

Classroom Activity

Activity:

1. What are three things you decided on today that you might call habitual? (Habitual is when something is done constantly without thinking or as a habit.)

   a. _____

   b. _____

   c. _____

Many factors may impact our decision-making, such as family, culture, media, peers, and personal beliefs.

2. Think about a decision you have made recently. What are three things you considered before you decided?

   a. _____

   b. _____

   c. _____

3. What were the consequences of your decisions?

   _____

   _____

   _____

   _____

A lot of our decisions may not seem to have major consequences. Does it really matter if you wear your shirt tucked in or not? Maybe, maybe not, it may depend on the situation, but some decisions do have real consequences for your future, for your mental health, and for your physical health.

4. Consider the decisions you wrote down. Could those decisions impact your health at all?

   _____

   _____

   _____

   _____

Decision-making Tree Activity

Activity (continued):

1. **Make a decision tree** about one decision you made recently or are planning to make, such as going out for a sports team or joining a club, taking an online course, changing your look (make-up, clothing, hair style), starting an exercise program, deciding on what to eat, etc. List the factors that may help you make the decision and the health consequences of your decision.

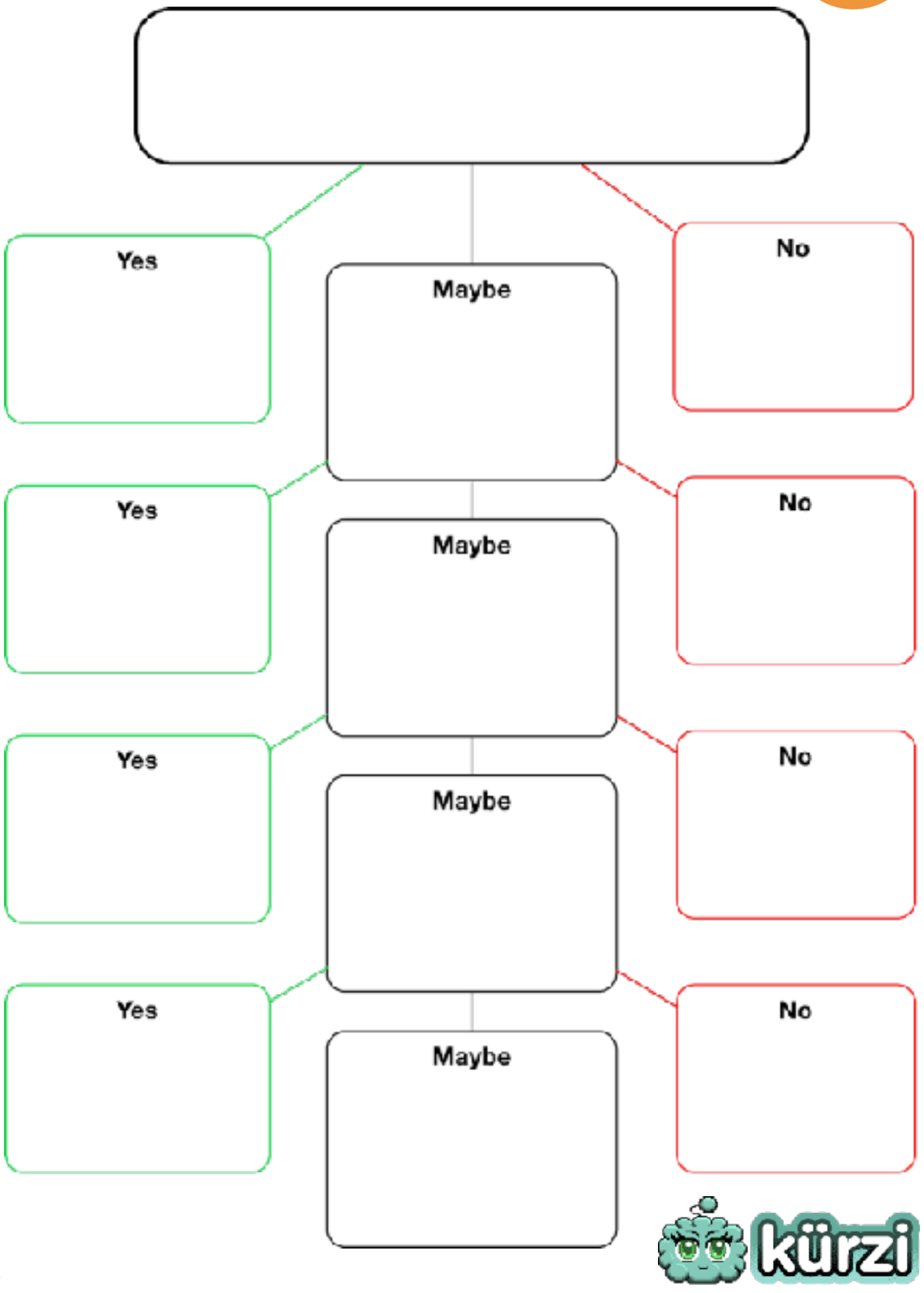
_____

_____

_____

_____

Figure 2: Decision-making Intelligence Knowledge Thought Steemit, text, public Relations png, from PNG_EGG, https://www.pngegg.com/en/png-cabec/download. Figure 3: Decision Making Tree by EducationProjects.org.



01 Healthy Decision Making

Activity:

Decisions impact our eating, exercise, and attitude/mood (or our mental health). Think about each of these areas as a wedge in an umbrella. Your health and well-being in these areas of your life will be affected by the daily decisions you make. If one wedge is not taken care of, rips or gets a hole in it, you get wet when it rains. All the wedges needs to be maintained for an umbrella to work. The same is true of your body and mind to be healthy.

1. Add on labels for <u>eating</u>, <u>exercise</u>, and <u>attitude/mood</u> on the wedges of the umbrella. You may have noticed that there is one wedge about <u>careers</u> related to healthy eating, exercise and attitude/mood, so write in something healthy for each category on the umbrella. *(For example, <u>Eat</u>: Apples, <u>Exercise</u>: walk the dog, <u>Attitude/Mood</u>: play cards (with friends), <u>Career</u>: School nurse.)*

Figure 4: Umbrella, umbrella, angle, cartoon png, from PNG_EGG, https://www.pngegg.com/en/png-zyzwr/download

Activity:

We are going to focus on healthy eating, activity, and mood during the next few lessons. The Kürzi will help you to understand the effects your decision making has on it in terms of its overall health.

Kürzi. Tonight's activity is to begin to explore Kürzi. You must interact with Kürzi for at least one “Kürzi day” this evening. That includes moving Kürzi from room to room, game play, feeding Kürzi, and trying an exercise Kürzi.

Kürzi Decision-making Tree Activity

Activity:

On a decision tree template, make a decision for Kürzi and list the factors that went into the decision.

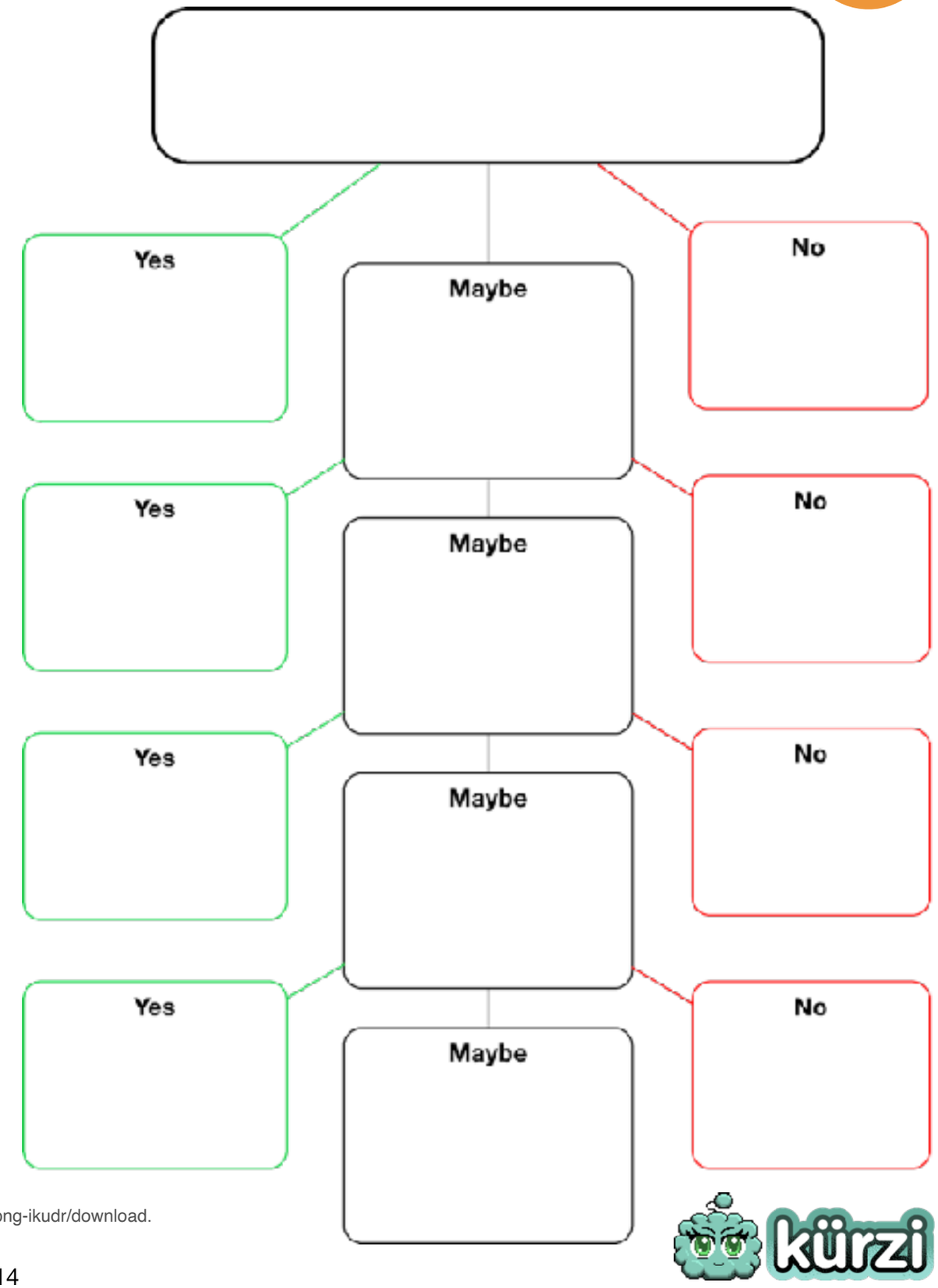
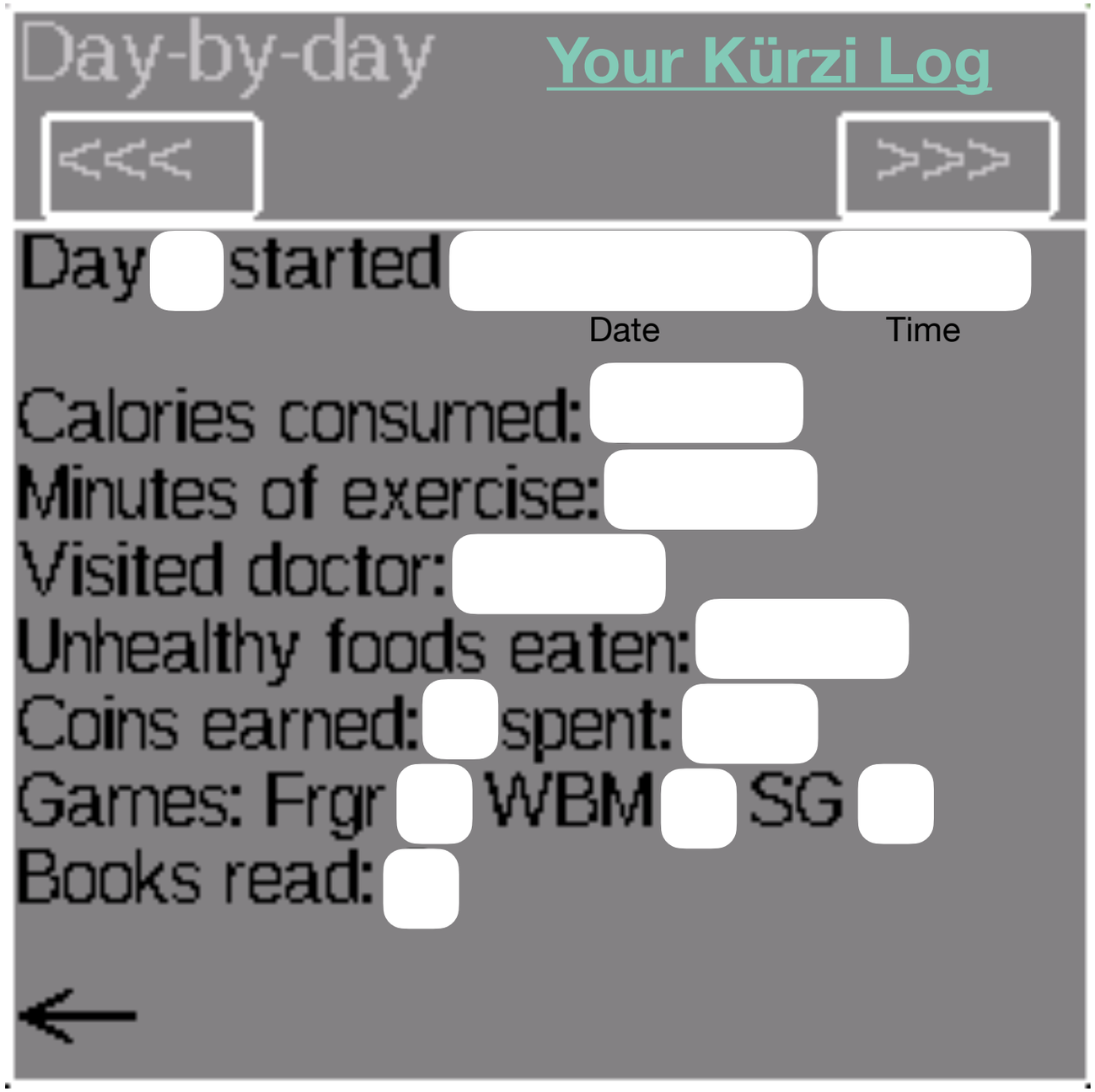


Figure 5: Decision-making graph Person Concept, DUVIDA, public Relations, nutrition png, https://www.pngegg.com/en/png-ikudr/download.
Figure 6: Decision Making Tree by EducationProjects.org.

Log Your Kürzi Activity

Activity:

After your daily Kürzi play and mini game activities make sure you go to your day-by-day activity log in your Kürzi device and transcribe your data here on the form to the right. This will help your teacher keep track of your progress with Kürzi.



Section 02

A Healthy Plate

02 A Healthy Plate

Introduction

Before you start filling your plate with food, you will want to learn how to read a nutrition label to help you make the best decisions. Look at the nutrition label to the right.

Learn the key terms and how a food label breaks down the nutrition facts:

Serving size is a standardized amount of food. It may be used to quantify recommended amounts, as is the case with the MyPlate food groups, or represent quantities that people typically consume on a Nutrition Facts label.

Portion size is the amount of a food you choose to eat, which may be more or less than a serving.

Calories is a unit of measurement, it measures a unit of energy. When you hear something contains 100 calories, it is a way of describing how much energy your body could get from eating or drinking it.

Daily value and Micronutrients are guides to the nutrients in one serving of food. For example if the label lists 15% for calcium, it means that one serving provides 15% of the calcium you need each day.

Added ingredients are listed on products in descending order by weight so that the first ingredient listed is always present in the largest amount and can be useful when comparing products. Fats, sugars and salt may be listed under several different names.

HEALTH TIP: eat from a plate, not a package! It's easy to eat more than one serving when eating straight from the box or bag. Portion out your food first and put the container away before you start munching to keep your portion size in check.

Figure 7: Nutrition Facts Label Poster, JYD Creations, https://i.etsystatic.com/22100052/r/il/5bacf3/2887201891/il_794xN.2887201891_3mow.jpg

Classroom Activities

Activity:

Nutrition labels. Read and compare food labels on the following pages.

1. Compare the labels provided at the end of lesson.
2. Choose five labels and rank which are the best choices.

OR

2. Choose which foods are the least healthy choices.

Pepperoni Pizza

Nutrition Facts

3 servings per container

Serving size 1/3 pizza (136g)

	Per Serving		Per Container	
Calories	**340**		**1020**	
		% DV*		% DV*
Total Fat	15g	19%	45g	57%
Saturated Fat	7g	35%	21g	105%
Trans Fat	0g		1g	
Cholesterol	35mg	12%	105mg	36%
Sodium	700mg	30%	2100mg	90%
Total Carb.	35g	13%	105g	39%
Dietary Fiber	2g	7%	6g	21%
Total Sugars	4g		12g	
Incl. Added Sugars	1g	2%	3g	6%
Protein	15g	21%	45g	63%
Vitamin D	0.2mcg	2%	0.6mcg	4%
Calcium	250mg	20%	750mg	60%
Iron	2.7mg	15%	8.1mg	45%
Potassium	170mg	4%	510mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WATER, ENRICHED WHEAT AND MALTED BARLEY FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), LOW-MOISTURE PART-SKIM MOZZARELLA CHEESE (CULTURED PART-SKIM MILK, SALT, ENZYMES), PEPPERONI (MADE WITH PORK, CHICKEN AND BEEF (PORK, MECHANICALLY SEPARATED CHICKEN, BEEF, SALT, CONTAINS 2% OR LESS OF SPICES, DEXTROSE, PORK STOCK, LACTIC ACID STARTER CULTURE, OLEORESIN OF PAPRIKA, FLAVORING, SODIUM NITRITE, SODIUM ASCORBATE, PAPRIKA, PROCESSED WITH NATURAL SMOKE FLAVOR, BHA, BHT, CITRIC ACID TO HELP PROTECT FLAVOR), TOMATO PASTE, 2% OR LESS OF VEGETABLE OIL (SOYBEAN OIL AND/OR CORN OIL), SUGAR, SALT, MODIFIED CORNSTARCH, CELLULOSE POWDER, YEAST, SOY LECITHIN, SPICE, DRIED GARLIC, CITRIC ACID, L-CYSTEINE.
CONTAINS: WHEAT, MILK, SOY.

BASICS Turkey & American with Treat

Nutrition Facts

Serving Size 1 package

Amount Per Serving	
Calories 330	Calories from Fat 150
	% Daily Value*
Total Fat 17g	26%
Saturated Fat 8g	39%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 650mg	27%
Total Carbohydrate 36g	12%
Dietary Fiber 1g	5%
Sugars 15g	
Protein 11g	18%

Vitamin A 4% • Vitamin C 10%

Calcium 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholest	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: CHOCOLATE SANDWICH CREME COOKIE (SUGAR, UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], PALM AND SOYBEAN OIL, DEXTROSE, COCOA [PROCESSED WITH ALKALI], CONTAINS 2% OR LESS OF: HIGH FRUCTOSE CORN SYRUP, CORNSTARCH, SODIUM BICARBONATE [LEAVENER], SALT, ARTIFICIAL FLAVORS, SOY LECITHIN, CHOCOLATE), **CONTAINS: WHEAT, SOY. WHITE TURKEY - CURED - SMOKE FLAVOR ADDED** (WHITE TURKEY, WATER, POTASSIUM LACTATE, CONTAINS LESS THAN 2% OF MODIFIED CORNSTARCH, DEXTROSE, SALT, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETATE, POTASSIUM CHLORIDE, SODIUM ASCORBATE, NATURAL AND ARTIFICIAL FLAVOR, SODIUM NITRITE, SMOKE FLAVOR), **AMERICAN PASTEURIZED PREPARED CHEESE PRODUCT** (MILK, WATER, MILK PROTEIN CONCENTRATE, MILKFAT, WHEY PROTEIN CONCENTRATE, SODIUM CITRATE, WHEY, SALT, LACTIC ACID, SORBIC ACID, CHEESE CULTURE, ENZYMES, OLEORESIN PAPRIKA [COLOR], ANNATTO EXTRACT [COLOR], WITH SUNFLOWER LECITHIN ADDED FOR SLICE SEPARATION), **CONTAINS: MILK. CRACKERS** (ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], PALM OIL, SUGAR, SALT, BAKING SODA, WHEY [FROM MILK], SOY LECITHIN, NATURAL FLAVOR), **CONTAINS WHEAT, MILK, SOY.**

Nachos Cheese

Nutrition Facts

Serving size	1 package
Amount per serving **Calories**	**370**
	% Daily Value*
Total Fat 20g	25%
Saturated Fat 4g	19%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 810mg	35%
Total Carbohydrate 42g	15%
Dietary Fiber 3g	12%
Total Sugars 5g	
Includes <1g Added Sugars	2%
Protein 7g	
Vitamin D 0mcg 0% • Calcium 190mg 15%	
Iron 1.2mg 6% • Potassium 250mg 6%	

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WHOLE GRAIN TORTILLA CHIPS (GROUND YELLOW CORN, VEGETABLE OIL [CONTAINS ONE OR MORE OF THE FOLLOWING: CORN, SUNFLOWER OR SOYBEAN OIL], CORN BRAN AND SALT); **NACHO CHEESE** (WHEY, MILK, CANOLA OIL, DRIED CORN SYRUP, SODIUM PHOSPHATES, CONTAINS LESS THAN 2% OF JALAPENO PEPPERS, SALT, WHEY PROTEIN CONCENTRATE, LACTIC ACID, SODIUM ALGINATE, CALCIUM PHOSPHATE, VINEGAR, POTASSIUM CHLORIDE, SORBIC ACID AS A PRESERVATIVE, CHEESE CULTURE, NATURAL FLAVOR, ENZYMES, APOCAROTENAL [COLOR]), **CONTAINS: MILK; SALSA** (WATER, TOMATO PASTE, GREEN CHILI PEPPERS, VINEGAR, DRIED ONIONS, LESS THAN 2% OF HIGH FRUCTOSE CORN SYRUP, MODIFIED FOOD STARCH, JALAPENO PEPPERS, SALT, GREEN BELL PEPPERS, GARLIC POWDER, SODIUM BENZOATE AND POTASSIUM SORBATE AS PRESERVATIVES, CITRIC ACID, SPICE).

Nutrition labels and images from: walmart.com

02 A Healthy Plate

Nutrition Facts

About 5 servings per container
Serving size 1/2 cup (120mL)

Calories per serving 70

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 1.5g	2%	**Sodium** 480mg	21%
Saturated Fat 0g	0%	**Total Carbohydrate** 13g	5%
Trans Fat 0g		Dietary Fiber 2g	7%
Polyunsaturated Fat 0g		Total Sugars 9g	
Monounsaturated Fat 0.5g		Includes 4g Added Sugars	8%
Cholesterol 0mg	0%	**Protein** 2g	
Vitamin D 0mcg	0%	Iron 0.8mg	4%
Calcium 30mg	2%	Potassium 370mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: TOMATO PUREE (WATER, TOMATO PASTE), DICED TOMATOES IN TOMATO JUICE, SUGAR, CANOLA OIL, CONTAINS LESS THAN 1% OF: SALT, DEHYDRATED ONIONS, SPICES, CITRIC ACID, DEHYDRATED GARLIC, ONION EXTRACT, GARLIC EXTRACT.

Nutrition Facts

About 5 servings per container
Serving size 1/2 cup (120mL)

Calories per serving 90

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 3g	4%	**Sodium** 480mg	21%
Saturated Fat 1g	5%	**Total Carbohydrate** 13g	5%
Trans Fat 0g		Dietary Fiber 2g	7%
Polyunsaturated Fat 0.5g		Total Sugars 10g	
Monounsaturated Fat 1.5g		Includes 4g Added Sugars	8%
Cholesterol 5mg	2%	**Protein** 2g	
Vitamin D 0mcg	0%	Iron 0.8mg	4%
Calcium 30mg	2%	Potassium 370mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: TOMATO PUREE (WATER, TOMATO PASTE), DICED TOMATOES IN TOMATO JUICE, SUGAR, BEEF, CANOLA OIL, CONTAINS LESS THAN 1% OF: SALT, SPICES, CITRIC ACID, DEHYDRATED ONIONS, DEHYDRATED GARLIC, BEEF FAT, FLAVORING, DEHYDRATED BEEF STOCK, ONION EXTRACT, GARLIC EXTRACT, BEEF EXTRACT, YEAST EXTRACT.

Nutrition Facts

Serving Size about 2oz (56g)
Servings Per Container: 8

Amount Per Serving

Calories 200

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 42g	15%
Dietary Fiber 3g	11%
Soluble Fiber 2g	
Insoluble Fiber 1g	
Total Sugars 1g	
Protein 7g	

Vitamin D	0mcg	0%
Calcium	12mg	0%
Iron	2mg	10%
Potassium	118mg	2%
Thiamin	0.5mg	40%
Riboflavin	0.2mg	15%
Niacin	5mg	30%
Folate	199mcg DFE (112mcg folic acid)	50%

*Percent Daily Values are based on a 2,000 calorie diet.

Spaghetti

Ingredients:
Semolina (wheat), durum wheat flour.

Vitamins/Minerals:
Vitamin B3 (Niacin), Iron, (Ferrous Sulfate), Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Folic Acid.

Contains wheat ingredients.

Not a significant source of added sugars.

This product is manufactured on equipment that processes products containing eggs.

Nutrition Facts

8 servings per container
Serving size 2 oz (56g)

Amount Per Serving

Calories 180

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 39g	14%
Dietary Fiber 7g	25%
Soluble Fiber 2g	
Insoluble Fiber 5g	
Total Sugars 1g	
Protein 8g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 2mg	10%
Potassium 274mg	6%
Thiamin 0.5mg	40%
Riboflavin 0.3mg	25%
Niacin 7mg	45%
Folate 71mcg DFE	20%
Phosphorus 224mg	20%
Magnesium 54mg	15%
Zinc 2mg	20%
Manganese 1.5mg	70%

Not a significant source of added sugars.

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WHOLE GRAIN DURUM WHEAT FLOUR. CONTAINS WHEAT INGREDIENTS.

Nutrition Facts

about 8 servings per loaf
Serving size 1/8 loaf (2oz.) 57g

Amount per serving
Calories 170

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	13%
Total Carbohydrate 22g	8%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 2mg	10%
Potassium 58mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, soybean oil, palm oil, salt, dextrose, garlic powder, yeast (ascorbic acid, cellulose gum), dough improver (enriched wheat flour [wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], enzymes [contains wheat], ascorbic acid), butter (cream, salt), onion powder, buttermilk, inactive yeast, soy lecithin, parsley flakes, natural flavor, annatto color.

CONTAINS MILK, SOY, WHEAT

Nutrition labels and images from: walmart.com

02 A Healthy Plate

Taylor Farms Chef Salad 7.75oz.

Nutrition Facts
Serving Size 1 Pkg. (220g)
Servings Per Container 1
Calories 290
Fat Cal. 190
*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount / Serving	%DV*	Amount / Serving	%DV*
Total Fat 21g	32%	**Total Carb.** 8g	3%
Sat Fat 5g	25%	Fiber 2g	8%
Trans Fat 0g		Sugars 5g	
Cholest. 50mg	17%	**Protein** 16g	
Sodium 570mg	24%		

Vitamin A 15% • Vitamin C 6% • Calcium 25% • Iron 4%

INGREDIENTS: ICEBERG LETTUCE, RANCH DRESSING (canola oil, nonfat buttermilk [whey, water, skim milk powder, corn starch, tapioca starch, carrageenan, locust bean gum, culture], sugar, water, egg yolk, apple cider vinegar, onion juice, distilled vinegar, salt, onion, sweet onion [sweet onion, vinegar, salt], green onion, xanthan gum, dried onion, spice, mustard flour, guar gum), TURKEY BREAST (turkey breast, water, contains 2% or less of sugar, salt, sodium phosphate [preservative], sodium diacetate [preservative], sodium nitrite [preservative], potassium lactate [preservative], sodium erythorbate [preservative]), SWISS CHEESE (pasteurized milk, cheese culture, salt and enzymes, [potato starch and powdered cellulose to prevent caking], natamycin [a natural mold inhibitor]), HAM WITH NATURAL JUICES (ham cured with water, contains 2% or less of sugar, salt, potassium lactate, sodium diacetate, sodium erythorbate, sodium nitrite, sodium phosphate).

CONTAINS EGG, MILK.

Distributed by
Salinas, CA
www.tay

Taylor Farms Apple Salad with Chicken 5.5oz.

Nutrition Facts
Serving Size 1 Salad (156g)
Servings Per Container 1
Calories 270
Fat Cal. 150
*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount / Serving	%DV*	Amount / Serving	%DV*
Total Fat 16g	25%	**Total Carb.** 21g	7%
Sat Fat 3.5g	18%	Fiber 3g	12%
Trans Fat 0g		Sugars 17g	
Cholest. 20mg	7%	**Protein** 8g	
Sodium 550mg	23%		

Vitamin A 80% • Vitamin C 120% • Calcium 10% • Iron 10%

INGREDIENTS: SWEET ONION VINAIGRETTE (canola oil, high fructose corn syrup, water, dijon mustard [water, mustard seed, distilled vinegar, salt, white wine, citric acid, turmeric (color), tartaric acid], spices, [onion, red wine vinegar, white wine vinegar, sweet onion [sweet onion, vinegar, salt], salt, lemon juice concentrate, dried onion, spices, xanthan gum, natural smoke flavor, GREEN LEAF LETTUCE, APPLES (apples and calcium ascorbate (Vitamin C, calcium salt)), CHICKEN BREAST MEAT (chicken breast with rib meat, water, cultured sugar and vinegar, potato starch, sea salt, natural flavorings), SPRING MIX (may contain some or all of the following: baby whole leaf varieties green leaf, mizuna, green romaine, tango, green oak, green chard, baby spinach, arugula, frisee, tatsoi, mache, red chard, red leaf, lolla rosa, red romaine, red mustard, radicchio, red oak, beet tops), BLUE CHEESE CRUMBLES (blue cheese [milk, cheese cultures, salt, enzymes], powdered cellulose to prevent caking, natamycin to protect flavor), WALNUTS GLAZED (walnuts, honey powder [sucrose, wheat starch, honey], honey coating [sugar, honey, salt, corn starch, carrots (for color), gum arabic, xanthan gum, propylene glycol, natural and artificial flavors (with artificial color), molasses powder (refinery syrup, molasses), raisin juice concentrate, citric acid, vegetable oil (may contain one or more of the following: canola, sunflower and/or soybean), maltodextrin, xanthan gum, sugar, salt), SWEETENED DRIED CRANBERRIES (cranberries, sugar, sunflower oil), CARROT.

CONTAINS MILK, TREE NUTS (WALNUTS), WHEAT.

Dist
877

Pepsi

Nutrition Facts
About 6 servings per container
Serving size 12 fl oz (360 mL)

Amount per serving
Calories 150

	% DV*
Total Fat 0g	0%
Sodium 30mg	1%
Total Carbohydrate 41g	15%
Total Sugars 41g	
Includes 41g Added Sugars	83%
Protein 0g	

Not a significant source of other nutrients.
* % DV = % Daily Value

CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, SUGAR, PHOSPHORIC ACID, CAFFEINE, CITRIC ACID, NATURAL FLAVOR. BOTTLED UNDER THE AUTHORITY OF PEPSICO, INC., PURCHASE, NY 10577.

CAFFEINE CONTENT: 38mg/12 fl oz.
We're here to help.
Pepsi.com or 800.433.2652

Apple Juice

Nutrition Facts
8 servings per container
Serving size 8 fl oz (240mL)

Amount per serving
Calories 110

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 26g	10%
Dietary Fiber 0g	0%
Total Sugars 26g	
Includes 0g Added Sugars	0%
Protein 0g	

Vit. D 0mcg 0% • Calcium 0mg 0%
Iron 0mg 0% • Potassium 290mg 6%
Vit. C 90mg 100%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: APPLE JUICE FROM CONCENTRATE (WATER, APPLE JUICE CONCENTRATE), ASCORBIC ACID (VITAMIN C).

Nutrition Facts
Serving Size 1 Banana 118 g

Amount Per Serving	
Calories 105	Calories from Fat 3
	% Daily Value*
Total Fat 0g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 2mg	0%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	12%
Sugars 14g	
Protein 1g	
Vitamin A	2%
Vitamin C	17%
Calcium	1%
Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Facts
Serving Size 1 large apple (242g / 8 oz.)

Amount Per Serving
Calories 130 Calories from Fat 0

	% Daily Value**
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 260mg	7%
Total Carbohydrate 34g	11%
Dietary Fiber 5g	20%
Sugars 25g	
Protein 1g	

Vitamin A 2% • Vitamin C 8%
Calcium 2% • Iron 2%

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

kürzi

Nutrition labels and images from: walmart.com

02 A Healthy Plate

Nutrition Facts/ Datos de Nutrición

8 servings per container/8 raciones por envase
Serving size/Tamaño por ración
2 Pastries/2 Pastelillos (96g)

Amount per serving/Cantidad por ración
Calories/Calorías 370

	% DV*/% VD*
Total Fat/Grasa Total 9g	**12%**
Saturated Fat/Grasa Saturada 3g	**15%**
Trans Fat/Grasa Trans 0g	
Polyunsaturated Fat/Grasa Poliinsaturada 3.5g	
Monounsaturated Fat/Grasa Monoinsaturada 2g	
Cholesterol/Colesterol 0mg	**0%**
Sodium/Sodio 320mg	**14%**
Total Carbohydrate/Carbohidrato Total 70g	**25%**
Dietary Fiber/Fibra Dietética 1g	**4%**
Total Sugars/Azúcares Totales 30g	
Incl. 30g Added Sugars / Incl. 30g azúcares añadidos	**60%**
Protein/Proteínas 3g	

Vitamin D/Vitamina D 0mcg 0% •	Calcium/Calcio 10mg 0%
Iron/Hierro 1.5mg 8% •	Potassium/Potasio 50mg 0%
Thiamin/Tiamina 4% •	Riboflavin/Riboflavina 10%
Niacin/Niacina 10% •	Folate/Folato 40mcg DFE 10% (25mcg folic acid/ácido fólico)

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. / El % Valor Diario (VD) le indica cuánto un nutriente en una porción de alimentos contribuye a una dieta diaria. 2,000 calorías al día se utiliza para asesoramiento de nutrición general.

Ingredients: Enriched flour (wheat flour, niacin, reduced iron, vitamin B_1 [thiamin mononitrate], vitamin B_2 [riboflavin], folic acid), **corn syrup, high fructose corn syrup, dextrose, soybean and palm oil** (with TBHQ for freshness), **sugar, bleached wheat flour.**
Contains 2% or less of wheat starch, salt, dried strawberries, dried pears, dried apples, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), citric acid, gelatin, modified wheat starch, yellow corn flour, caramel color, xanthan gum, cornstarch, turmeric extract color, soy lecithin, red 40, yellow 6, blue 1, color added.
CONTAINS WHEAT AND SOY INGREDIENTS.

Yogurt

Nutrition Facts

Servings: 1, **Serv. size: 1 container (170g),**
Amount per serving:
Calories 130, Total Fat 1.5g (2% DV), Sat. Fat 1g (5% DV), Trans Fat 0g, **Cholest.** 5mg (2% DV), **Sodium** 80mg (3% DV), **Total Carb.** 26g (9% DV), Fiber 0g (0% DV), Total Sugars 22g (Incl. 16g Added Sugars, 32% DV), **Protein** 5g, Vit. D (8% DV), Calcium (15% DV), Iron (0% DV), Potas. (6% DV), Vit. A (20% DV).
% DV = % Daily Value

INGREDIENTS: CULTURED GRADE A LOW FAT MILK, SUGAR, STRAWBERRIES, WATER, FRUCTOSE, MODIFIED FOOD STARCH, CONTAINS LESS THAN 1% OF MODIFIED CORNSTARCH, NATURAL AND ARTIFICIAL FLAVORS, VEGETABLE JUICE (FOR COLOR), GELATIN, CARRAGEENAN, SODIUM CITRATE, MALIC ACID, VITAMIN A PALMITATE, VITAMIN D, CONTAINS ACTIVE YOGURT CULTURES INCLUDING *L. ACIDOPHILUS*.
CONTAINS MILK.

Whole Milk

Nutrition Facts

About 8 servings per container
Serving size 1 cup (240mL)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 2.5g	
Cholesterol 35mg	**12%**
Sodium 135mg	**6%**
Total Carbohydrate 13g	**5%**
Dietary Fiber 0g	**0%**
Total Sugars 12g	
Includes 0g Added Sugars	**0%**
Protein 8g	**16%**

Vitamin D 2.5mcg 15% •	Calcium 300mg 25%
Iron 0mg 0% •	Potassium 410mg 8%
Vitamin A 90mcg 10% •	Riboflavin 0.4mg 30%
Vitamin B12 1.2mcg 50% •	Phosphorus 240mg 20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:
Grade A Organic Milk, DHA ALGAL OIL*, Vitamin D3.
*Ingredient NOT FOUND in regular WHOLE milk.
CONTAINS MILK.

Pretzels

Nutrition Facts

about 15 servings per container
Serving size 22 pretzels (30g)

Amount per serving
Calories 120

	% Daily Value*
Total Fat 1g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	**0%**
Sodium 320mg	**14%**
Total Carbohydrate 24g	**9%**
Dietary Fiber <1g	**3%**
Total Sugars <1g	
Includes 0g Added Sugars	**0%**
Protein 3g	

Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 2mg	10%
Potassium 0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT. CONTAINS LESS THAN 2% OF: CORN SYRUP, HIGH OLEIC CANOLA OIL AND/OR SOYBEAN OIL, BARLEY MALT EXTRACT, LEAVENING (YEAST, SODIUM BICARBONATE AND/OR AMMONIUM BICARBONATE).
CONTAINS WHEAT.

Nutrition Facts

13 servings per container
Serving size About 15 chips (28g)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 1.5g	**7%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 170mg	**7%**
Total Carbohydrate 15g	**6%**
Dietary Fiber 1g	**5%**
Total Sugars less than 1g	
Protein 2g	

Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.6mg	2%
Potassium 350mg	6%
Vitamin C	6%

Not a significant source of added sugars.

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Potatoes, Vegetable Oil (Sunflower, Corn and/or Canola Oil), and Salt.

Nutrition labels and images from: walmart.com

02 A Healthy Plate

Food Logbook Activity: (one day)

Food eaten	Servings - Category

Activity:

Pre-assigned homework: What did you eat today? Ask students to list the foods they ate. Be sure to accurately count servings. Determine from https://www.myplate.gov/ which of the five food types the food represents (fruit, vegetables, grain, protein, or dairy). Some foods may represent more than one category.

Activity:

Discuss how to read a nutrition label. What are the sections? Where are the ingredients listed? How can we make decisions about the health of a food by looking at the label?

Use the food log worksheet. Write down the food you have eaten for the day. Make sure to include the serving size and food group or category the food comes from; refer to the example below.

Food eaten	Servings - Category
Turkey Sausage & Egg Pancake Sandwich	2 - protein 1 - grain
Italian Sub	1 - protein 2 - grain
Collard Greens	1 - vegetable
Apple	1 - fruit
Protein bar	1 - grain 1 - protein
Pasta and vegetables	1 - grain 1 - vegetable
Ice cream	1 - dairy - sugar

02 A Healthy Plate

Activity:

Use the food log worksheet. Work together in a small groups to compete the following activity, (use your food log):

1. Review and evaluate the food you wrote in your food logs and decide as a group if the food was healthy or unhealthy; refer to the example below.

Food eaten	Servings - Category
Turkey Sausage & Egg Pancake Sandwich	2 - protein 1 - grain
Italian Sub	1 - protein 2 - grain
Collard Greens	1 - vegetable
Apple	1 - fruit
Protein bar	1 - grain 1 - protein
Pasta and vegetables	1 - grain 1 - vegetable
Ice cream	1 - dairy - sugar

2. Circle the food you think is unhealthy.
3. Count up the number of servings in the areas of grain, protein, dairy, fruits, and vegetable; refer to food group/ categories chart.
4. Count up the number of servings that are marginal (sugar, salt, or fat is high; i.e. fried foods, salty snacks, a food item that lists sugar as one of the first three ingredients)

Food Groups/Categories

5. Brainstorm healthier alternatives within your group.
6. If you need help, go to https://www.myplate.gov/ to see healthy eating choices in each of five food groups.
7. Determine where the foods you eat daily fit into the food groups.

Figure 8: Food group Healthy diet, health, food, whole Grain png, from PNG_EGG, https://www.pngegg.com/en/png-cwcie/download

02 A Healthy Plate

Activity:

Group Discussion. Do the food logs for your group show whether your classmates fall within the governmental recommendation for healthy eating for the day?

Reflection. Answer the following questions:

1. What fruits do you usually eat?

2. List vegetables are you familiar with?

3. Circle the vegetables you eat. How many servings per day of vegetables do you get? Do you vary your vegetables over the week?

4. Make half your grains whole grains. What is a grain? What is a whole grain?

5. Which grains do you eat? Are they whole grains? How many servings per day?

6. What foods are “protein rich”?

7. What protein(s) do you eat? How many servings? Do you vary your protein types?

8. What mineral(s) is/are important in dairy?

9. What foods make up your dairy intake? How many servings of dairy per day?

10. How does culture play a role in your food choices?

11. Why is it important to set goals for healthy eating? What effect(s) will healthy eating have in your life?

12. What obstacles might you need to overcome to eat healthy foods? Remember, there is a process for making these choices (think back to your decision tree activity).

Figure 9: vegetable lot, Organic food Milk Food Gift Baskets, grocery, natural Foods, food png, from: https://www.pngegg.com/en/png-zepqz/download. Figure 10: Organic food Atta flour Cereal Whole grain, grain, food, whole Grain png, from PNG_EGG, https://www.pngegg.com/en/png-ovesy/download

Kürzi Game Play Activity

Activity:

Kürzi. Play the **Fridger** mini game. Feed Kürzi with the food choices in the game. Make note of what you fed Kürzi and answer the following questions:

1. How similar are the foods Kürzi ate to your food choices?

2. How might you make healthier choices about food?

Kürzi's Food Logbook

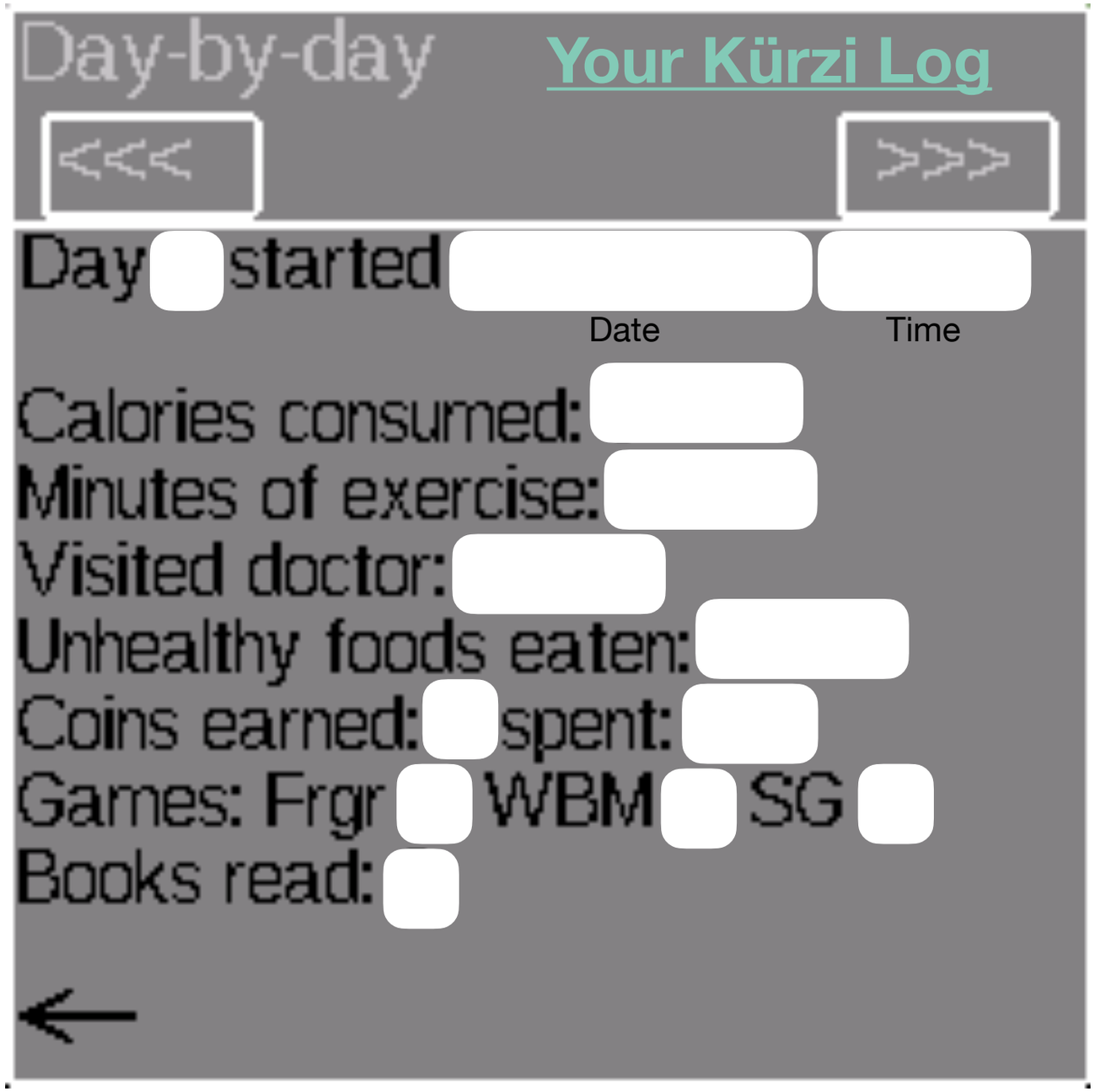
Use the blank food logbook below to write down what Kürzi ate:

Food eaten	Servings - Category

Log Your Kürzi Activity

Activity:

After your daily Kürzi play and mini game activities make sure you go to your day-by-day activity log in your Kürzi device and transcribe your data here on the form to the right. This will help your teacher keep track of your progress with Kürzi.



Section 03

Tracking Physical Activity

03 Tracking Physical Activity

Introduction

The Borg Rating of Perceived Exertion (RPE) is a way of measuring physical activity intensity level. *Perceived exertion* is how hard you feel like your body is working. It is based on the physical sensations a person experiences during **physical activity, including increased heart rate, increased respiration or breathing rate, increased sweating, and muscle fatigue.** Although this is a subjective measure, your exertion rating based on a 6 to 20 rating scale may provide a fairly good estimate of your actual heart rate during physical activity* (Borg, 1998).

As you exercise, you can rate your perceived exertion using several anchors. These include a rating of 6, perceiving “no exertion at all,” to 20, perceiving a “maximal exertion” of effort. **Practitioners generally agree that perceived exertion ratings between 12 to 14 on the Borg Scale suggests that physical activity is being performed at a moderate level of intensity.**

Classroom Activities

Activity:

1. During activity, use the Borg Scale to assign numbers to how you feel (see the following instructions).

Self monitoring how hard your body is working can help you adjust the intensity of the activity by speeding up or slowing down your movements.

Through experience of monitoring how your body feels, it will become easier to know when to adjust your intensity.

2. Teacher will lead you through a warm up video exercise for you to practice estimating your perceived exertion based on the Borg Scale.

https://www.cdc.gov/physicalactivity/basics/measuring/exertion.htm#

03 Tracking Physical Activity

Bicycling 2 miles in 15 minutes	Sock skating for 15 minutes
Washing and waxing a car for 45–60 minutes	Walk your/neighbor's dog for 20 minutes
Washing floors for 45–60 minutes	Mowing your neighbor's lawn
Doing yard work	Helping your neighbor clean the garage
Pulling weeds	Changing bed sheets
Putting away dishes	Stair walking for 15 minutes
Clean up race in your bedroom	Playing volleyball for 15 minutes
Pushing a stroller 15 minutes	Playing touch football for 15 minutes
Raking leaves for 30 minutes	Walking 1.75 miles in 35 minutes (20 min/mile)
Walking 2 miles in 30 minutes (15 min/mile)	Basketball (shooting baskets) for 30 minutes
Shoveling snow for 15 minutes	Basketball (playing game) for 15–20 minutes
Game of 'red light, green light' with a friend	Do a workout video, yoga, stretching, aerobics
Making a chalk maze in your driveway	Jumping rope for 15 minutes
Dancing fast (social) for 15 minutes	Running 1.5 miles in 15 minutes (10 min/mile)
Making a dance video	Your activity idea for 15 minutes:
Swimming laps for 15 minutes	Your activity idea for 15 minutes:

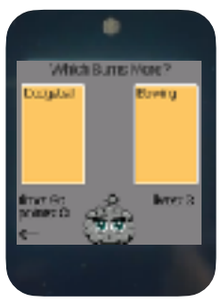
Activity:

1. **Workout routine**. Use the activity list provided to create a "workout routine" that you can do at home. **Use your Kürzi to help you**.
2. Check your RHR before doing the activity set you planned from the list. As you are doing the exercise/physical activity, try to estimate your RPE. Check the pulse meter on Kürzi to see how close your estimate is. *(Pulse instruction in about Kürzi section.)*
3. After the activity is completed, check your heart rate to see how high it got.
4. Then every two minutes check your heart rate to see how long it takes to return to your original RHR. (The goal of this lesson is to see how long it takes your pulse to return to your RHR.)

Kürzi Game Play Activity

Activity:

Kürzi. Play **Burns More** mini game. You are given two activity options on the left and right side of the screen. You choose which activity burns more calories. If you choose the incorrect answer three times, the game will end. After showing the game results, the screen will redirect to the PC Options Menu. Playing this game will earn x coins.



Log Your Kürzi Activity

Activity:

After your daily Kürzi play and mini game activities make sure you go to your day-by-day activity log in your Kürzi device and transcribe your data here on the form to the right. This will help your teacher keep track of your progress with Kürzi.

Day-by-day **Your Kürzi Log**

<<<< >>>>

Day started Date Time

Calories consumed:

Minutes of exercise:

Visited doctor:

Unhealthy foods eaten:

Coins earned: spent:

Games: Frgr WBM SG

Books read:

←

Section 04

Mood and Mental Health

04 Mood and Mental Health

Introduction

Mood matters. What puts you in a bad mood? List some of the things that set you off or put you in a bad mood. An example may be getting yelled at by your mom for not doing your chores at home. **List 3 things that can make you mad**:

1. _____
2. _____
3. _____

What is the difference between a “bad mood” and poor mental health? What activities help lift your mood? Can negative feelings help you seek a solution to a problem? How might you positively express your emotions while in school?

Classroom Activities

Activity:

Situation cards. You have been given a set of cards with stressful situations described on them. Work in a group:

1. Cut the situation cards out.
2. Rank the cards in order from most stressful to least.
3. What makes some situations more stressful to others in your group than to yourself?

   _____

   _____

4. What qualities do you have that help you deal with stress differently than others in your group?

   _____

   _____

3. Identify at least one person you can go to to get help in dealing with stress. Might you also be able to ask them to help you identify your personal qualities that impact how you react to stressful situations?

   _____

   _____

Determine what decision you would make to reduce stress in each situation by writing on the back. After we complete this lesson, see if you have additional ideas for other actions you might take to reduce that stress in the future.

Activity:

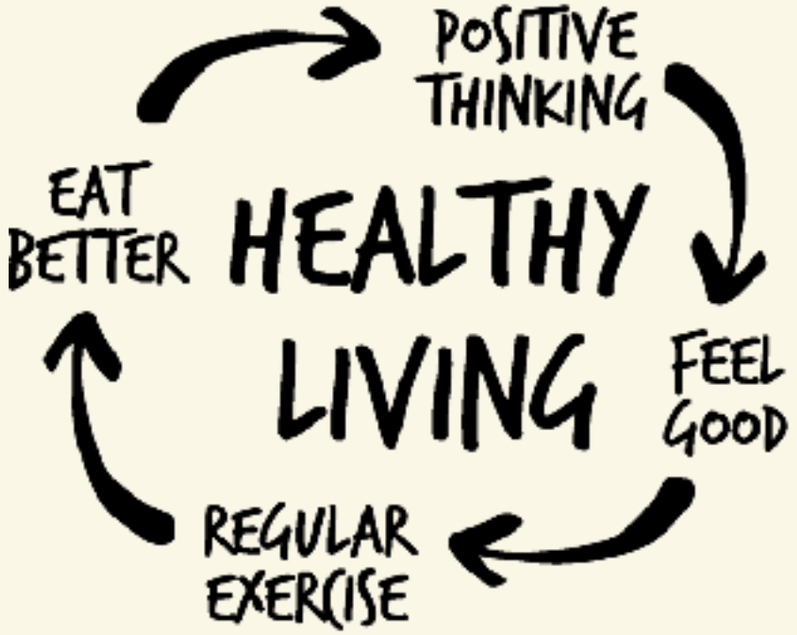
Managing stress. Check out the stress reduction list below for reducing stress.

1. Circle the ones that you use to reduce stress.
2. Put a check mark beside ones that you might BEGIN using to reduce stress:
   - **Laughter** - watch a funny video or movie
   - **Go for a walk**
   - **Play a game**

04 Mood and Mental Health

Reduce your stress list (continues):

- **Get a house plant** - caring for plants has been shown to help people feel more comfortable, soothed, and natural
- **Read a book**
- **Get organized** - write a to-do-list or use a planner
- **Relaxing/meditation techniques/routines** - yoga, stretching
- **Smells -** that stimulate your olfactory system, essential oils
- **Chew gum**
- **Listening to music** - singing along
- **Dance** - to your favorite tunes
- **Play with a pet**
- **Write in a journal**
- **Socialize -** spend time with friends
- **Leisure activities**
- **Take a break** switch the activity your doing
- **Spend time in nature**
- **Eat a healthy meal/snack**
- **Exercise**
- **Talk -** share problems with a trusted friend/adult



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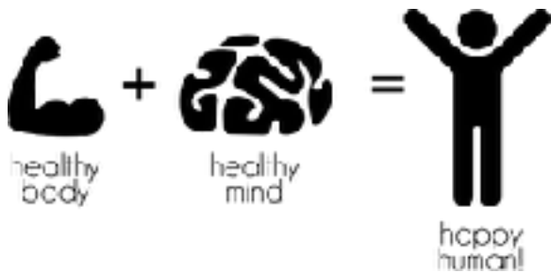
Additional Health Tips

Sometimes, no matter what you do, you may still feel overwhelmed. These steps may help:

1. Break your decisions down into smaller steps. Sometimes it is difficult to take small steps because you may think the steps are too insignificant and won't make a difference. However, most of the things people accomplish are based on small steps or goals.
2. Do something that takes little effort. It could be taking a walk outside for 5 minutes, or moving around your house, rearranging your desktop or bedroom dresser contents. Changing small things can help make tasks more manageable.
3. Do something. Anything! So, where do you start? Anywhere. Just make it simple. And begin.

Remember you are making decisions. Your decisions about healthy living can improve your mental health. When you think about visiting with a friend or taking a walk, the decision you make about whether you do it or ignore it will affect your stress level and mental health.



Kürzi Game Play Activity

Activity:

Kürzi. Play the **Stressy Guess** mini game on Kürzi.

To play the Stressy Guess mini game, you choose which option you think relieves more stress for Kürzi. Make a guess before time runs out to earn points and coins!

After you pick your choice, the game will reveal which option was considered relaxing or stressful to Kürzi.

After playing answer the following question:

1. How do the decisions you make within the game play of Kürzi affect the mood bar?

   _____

   _____

2. What happens to the Kürzi levels when it doesn't get enough to eat or exercises too long?

   _____

   _____

3. Are these related to increased stress and bad moods?

   _____

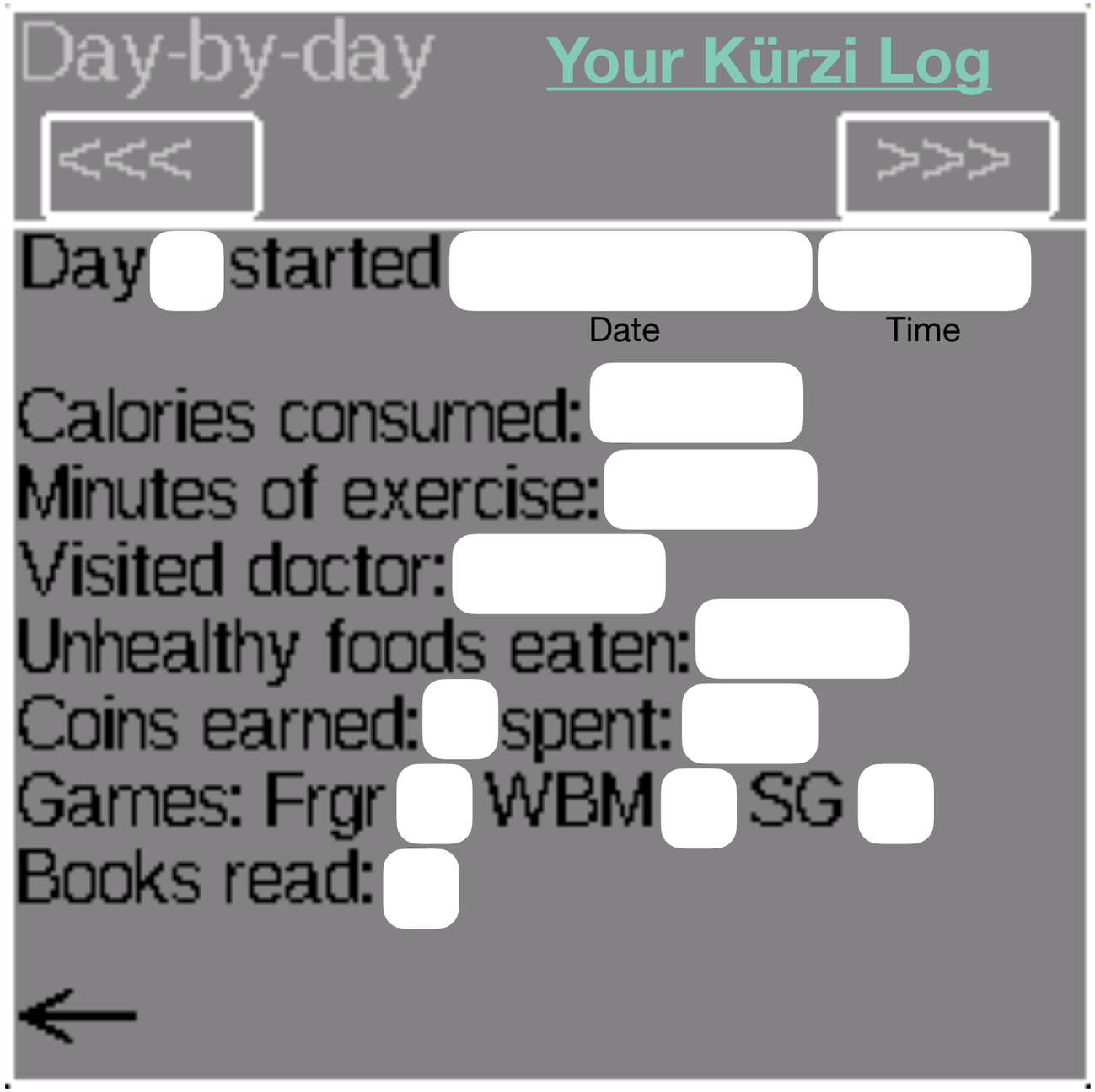
   _____

healthy body + healthy mind = happy human illustration, Mental health Physical education Physical exercise Well-being, mental health, physical Fitness, text png, https://www.pngegg.com/en/png-nwxex/download

Log Your Kürzi Activity

Activity:

After your daily Kürzi play and mini game activities make sure you go to your day-by-day activity log in your Kürzi device and transcribe your data here on the form to the right. This will help your teacher keep track of your progress with Kürzi.



Unit Assessment

Set a Health Goal

Set a Health Goal

Unit Assessment

Revisit your umbrella activity from the beginning of this unit in Section 1: Healthy Decision Making.

1. Write what you learned about each area of the umbrella.

_____

_____

_____

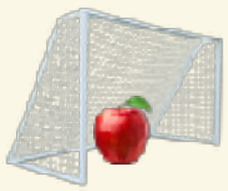
_____

_____

_____

_____

_____



2. Consider each wedge of the umbrella, e*at*, *exercise*, *attitude/mood*, or *careers* to target a personal healthy goal to work towards.
3. Draw an infographic or flow chart that connects the types of decisions you make about each umbrella wedge. For example, eating breakfast -> improves thinking -> exercise improves my mood and energy levels, etc.

Draw

SMART Health Goal

Set a personal health SMART goal for yourself. It does not have to be a big goal, but one that is achievable within a short period of time.

_____

_____

_____