

**Consulte estos temas útiles para asistir con su Mes de los Estilos de Vida Saludables:**

* [**Actividades de juego en movimiento**](https://www.actionforhealthykids.org/activity/easy-on-the-go-play-activities/)
* [**Iniciadores de conversación para caminar y hablar**](https://marathonkids.org/walkandtalk/)
* [**Aprovechar al máximo el tiempo en pantalla**](https://www.actionforhealthykids.org/activity/making-the-most-of-screen-time/)
* [**Formas creativas para comer más verduras**](https://www.healthline.com/nutrition/17-ways-to-eat-more-veggies)
* [**Niños en la cocina**](https://www.nutrition.gov/topics/nutrition-life-stage/children/kids-kitchen)
* [**Come un arco iris**](https://www.wholekidsfoundation.org/assets/documents/better-bites-eat-a-rainbow.pdf)
* [**Herramientas de MyPlate**](https://www.myplate.gov/resources/tools)
* [**Las mejores botellas de agua con marcadores de tiempo**](https://www.bestof.info/best-water-bottle-with-time-markings/)
* [**Frases de bondad**](https://www.randomactsofkindness.org/kindness-quotes)
* [**Ejercicios y actividades populares de gratitud**](https://positivepsychology.com/gratitude-exercises/)
* [**Aplicaciones gratuitas de conciencia plena**](https://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention/)
* [**Señales de agotamiento**](https://health.clevelandclinic.org/signs-of-exhaustion-in-children/)

**Consulte estas otras organizaciones de apoyo para obtener más ideas::**

* Centers For Disease Control (CDC)
* ChooseMyPlate
* Department of State Health Services (DSHS)
* Education Service Centers (ESC)
* Fuel Up to Play 60
* GoNoodle
* HealthierUS School Challenge
* It’s Time Texas (ITT)
* ****Marathon Kids
* Mayor’s Health and Fitness Councils
* Partnership for a Healthy Texas
* Safe Routes to School
* Society of Health and Physical Educators (SHAPE) America
* StopBullying
* Texas A&M Agrilife Extension
* Texas Action for Healthy Kids (TAHK)
* Texas AgriLife Extension Service
* Texas Department of Agriculture - Square Meals
* Texas Department of State Health Services (DSHS)
* Texas Education Agency (TEA)
* Texas School Health Advisory Council (TSHAC)
* The Association for Curriculum and Development (ASCD)
* United States Department of Agriculture (USDA)
* Walk Across Texas