

**Check out these helpful topics to assist with your Healthy Lifestyles Month:**

* **[On-the-Go Play Activities](https://www.actionforhealthykids.org/activity/easy-on-the-go-play-activities/)**
* [**Walk and Talk Conversation Starters**](https://marathonkids.org/walkandtalk/)
* [**Making the Most of Screen Time**](https://www.actionforhealthykids.org/activity/making-the-most-of-screen-time/)
* [**Creative Ways to Eat More Vegetables**](https://www.healthline.com/nutrition/17-ways-to-eat-more-veggies)
* [**Kids in the Kitchen**](https://www.nutrition.gov/topics/nutrition-life-stage/children/kids-kitchen)
* [**Eat a Rainbow**](https://www.wholekidsfoundation.org/assets/documents/better-bites-eat-a-rainbow.pdf)
* [**MyPlate Tools**](https://www.myplate.gov/resources/tools)
* [**Best Time-Marked Water Bottles**](https://www.bestof.info/best-water-bottle-with-time-markings/)
* [**Kindness Quotes**](https://www.randomactsofkindness.org/kindness-quotes)
* [**Popular Gratitude Exercises & Activities**](https://positivepsychology.com/gratitude-exercises/)
* [**Free Mindfulness Apps**](https://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention/)
* [**Signs of Exhaustion**](https://health.clevelandclinic.org/signs-of-exhaustion-in-children/)

**Check out these other supporting organizations for more 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