



## Home Connection

### Healthy Lifestyles

Dear \_\_\_\_\_,

I wanted to share what your student has been learning about healthy lifestyles and positive habits. Our lesson focused on understanding the elements of a healthy lifestyle that support our "body budget." Students brainstormed and discussed key aspects such as nutrition, hydration, sleep, movement, and socializing. They learned that a balanced body budget helps them function at their best physically and emotionally without the stress of unattainable health standards.

We emphasized that health is about maintaining balance and moderation rather than labeling choices as "good" or "bad." Through group activities, students explored how to create habits that support their body budget, such as setting SMART goals and using self-regulation strategies like the SCOPE-IT method. They also discussed how a well-maintained body budget positively impacts their academic performance and overall well-being.

To continue this important conversation at home, please ask your student: "What are some healthy habits you learned about that can help maintain your body budget, and how can we incorporate them into our daily routine?" This can be a great opportunity for a meaningful discussion about the importance of balance and healthy living.

Please do not hesitate to reach out with any questions or concerns.

Best,

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