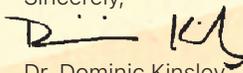


STAY STRONG!

Dear Educator,
Help your students nurture mind, body, and spirit with the *Stay Strong* program from got milk? and the curriculum specialists at Young Minds Inspired.

This teaching kit supplements the classroom resources available at ymiclassroom.com/stay-strong. Download the additional activity sheets, a reproducible family letter, coloring pages, printable stickers, and a digital poster to expand and enhance your students' learning experience.

We hope your students and their families enjoy the *Stay Strong* program. Please share the materials with other teachers at your school. And let us know your thoughts by visiting ymiclassroom.com/feedback-stay-strong. We look forward to hearing from you!

Sincerely,

Dr. Dominic Kinsley
Editor in Chief
Young Minds Inspired


For questions, contact us toll-free at 1-800-859-8005 or by email at feedback@ymiclassroom.com.

got milk?[®]

© 2021 California Milk Processor Board

TARGET AUDIENCE

Students in grades K–2 and 3–5

PROGRAM OBJECTIVES

- Promote social-emotional learning competencies
- Provide practice with English language arts
- Explore and emphasize the important connection between mind, body, and spirit
- Help students develop health-promoting practices

HOW TO USE THIS PROGRAM

Provide photocopies of the activity sheets for students to complete in class or at home; alternately, share the activity sheets with students through your school's remote-learning platform, on your classroom web page, or by email. Make copies of the family letter for students to take home or email it to parents and caregivers. Refer to the standards chart at ymiclassroom.com/stay-strong for alignment with Common Core State Standards and CASEL competencies.

INSTRUCTIONS AND TIPS FOR IMPLEMENTING THE ACTIVITIES

Grades K-2

STAY STRONG MINDFULNESS JAR

Prepare for this activity by assembling the following materials in advance or by asking students to bring these materials to class (in person or online):

- A small plastic jar with a lid or water bottle with a cap
- Colored glitter or beads - at least 3 colors needed (Tip: Choose materials that sink in water rather than float!)

To get started, ask students if they know what it means to be mindful. Explain that being mindful means paying attention to your thoughts, feelings, and behavior (or impulses to act).

Distribute the activity sheet and read the introduction. Guide students in assembling their Stay Strong Mindfulness Jars based on the instructions or create a jar for the group. Afterward, read through each step of the activity.

- **Step 1:** Ask students to underline and volunteer examples of thoughts, feelings, and behaviors (impulses) they have experienced. Tell them one color in the jar stands for thoughts; one stands for feelings; and one stands for behaviors.
- **Step 2:** Ask students to swirl their jar once for each item they underlined.
- **Step 3:** Explain that watching the swirling colors in the jar is like watching what's happening inside you when thoughts, feelings, and behaviors are all jumbled up.
- **Step 4:** Guide students to take some slow, deep breaths as they set the jar down and watch the colors settle. Encourage students to focus on just one color, one bead or one piece of glitter.
- **Step 5:** Ask students how they feel now that they can see things clearly.

Tell students that they can use the jar to help them practice mindfulness. Suggest that whenever they feel stressed or anxious, they can shake the jar gently and take slow, mindful breaths until things settle inside the jar again. Encourage them to do this as a way of taking a break to notice what they're thinking, feeling, and doing. Consider keeping a class mindfulness jar to use for group exercise periodically.

Grades 3-5

LAUGH IT UP!

Introduce this activity by asking students what they think people mean when they say, "laughter is the best medicine." Discuss how laughter can help people even during difficult times by helping them to see the positive, take their mind off their troubles, encourage them to share with friends and family, etc. Have students share examples from their own lives where laughter made stressful situations better or they felt better after a big, unexpected belly laugh.

Next, share the following jokes, and then ask students to volunteer some of their favorites.

- **Q.** What's a cat's favorite type of Mexican food?
A. Purritos
- Knock, knock.
Who's there?
Wooden shoe.
Wooden shoe who?
Wooden shoe like to hear another joke?
- **Q.** How do elephants talk to each other?
A. On the ele-phone!

Distribute the activity sheet and read it with students. For Part 1, have them interview friends, family members, and/or classmates about the things that make them laugh. Reinforce the idea that we are all different and may see different things as funny. Have students share their findings.

Next, encourage students to complete the joke-starters in Part 2. Ask for volunteers to share their guesses, and if they're unable to guess correctly, read the answers below. In Part 3, have students create their own jokes, comic strips, and comedy sketches to share with the class and their families and friends to promote laughter.

Answers: 1. No, cow says moo! 2. The Snow Ball; 3. Dino-stores

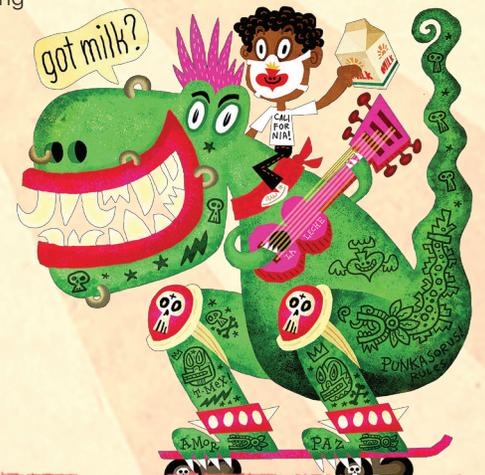
Grades K-5

STAY STRONG PUZZLES!

Help students keep their minds active with word puzzles. Distribute the activity sheet and have students complete it with a friend or family member.

RESOURCES

- got milk?: gotmilk.com
- YMI Stay Strong microsite: ymiclassroom.com/stay-strong





LAUGH IT UP!

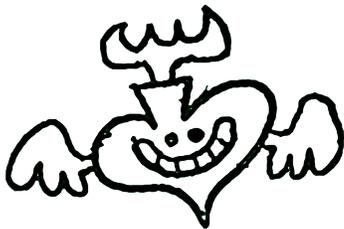
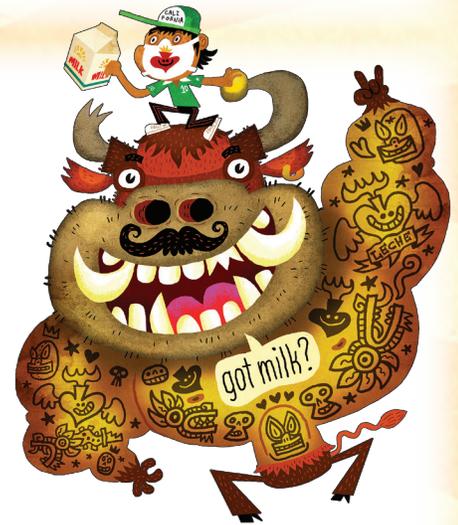


Take a poll. What do your family, friends, and classmates find funny? Movies? Knock-knock jokes? Comics? Silly videos? Cute animal pictures? Interview two to four family members, friends, or peers to find out, and write their responses below.

Name	What She or He Finds Funny	Why



Congratulations! You are part of the "Laugh Committee." Your job is to create jokes and comics to share with friends and family! To warm up, use your imagination to complete these jokes.



Joke. Knock knock
Who's there?
Cow says.
Cow says who?

Answer: _____

Riddle: Where do penguins go to dance?

Answer: _____

Riddle: Where do T-Rexes shop?

Answer: _____



Now, it's your turn. Create a joke, comic strip, or comedy sketch of your own! Write or draw it on a separate sheet of paper. Then share it with a friend or family member. Afterward, ask them to share a joke with you!

STAY STRONG PUZZLES!

Puzzles and games are a fun way to keep your mind active to help you stay strong. Challenge your mind with these puzzles!



Can you spot the Stay Strong words below in the word search? Circle each word.

- stay
- strong
- friends
- family
- school
- sleep
- healthy
- food
- milk
- play
- laugh
- activity

I	B	S	G	F	Y	F	S	K	F
L	N	S	T	W	B	O	L	P	A
N	A	U	H	R	V	O	E	O	M
S	F	C	B	E	O	D	E	L	I
C	R	J	T	L	A	N	P	A	L
H	I	S	E	I	A	L	G	U	Y
O	E	P	T	W	V	M	T	G	I
O	N	L	V	A	S	I	V	H	N
L	D	A	P	A	Y	L	T	S	Y
G	S	Y	L	A	L	K	M	Y	Z



Ready for a challenge? How many words can you make with the letters in "Stay Strong"? Can you find 10 words? If you find more, write them on the back of this sheet.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



HELP KIDS STAY STRONG!

Dear Parents and Caregivers,

Join your kids as they take positive steps to stay strong. It has been a challenging year for children and families. By nurturing the mind, body, and spirit with fun activities, your family members can support each other and practice good habits to stay resilient through everyday ups and downs.



Here are some ideas to try as a family to “stay strong” together:

- Make a “Stay Strong smoothie” to help your child get the calcium they need. Here’s a quick, easy, and delicious recipe for a chocolate banana smoothie:

Ingredients

1 teaspoon, vanilla extract
 1 very ripe banana, peeled, frozen
 1 cup, fat free white milk or chocolate milk
 Optional 1 teaspoon, unsweetened cocoa powder
 (if made with white milk)
 Alternate options: Use whatever fruit you have on hand

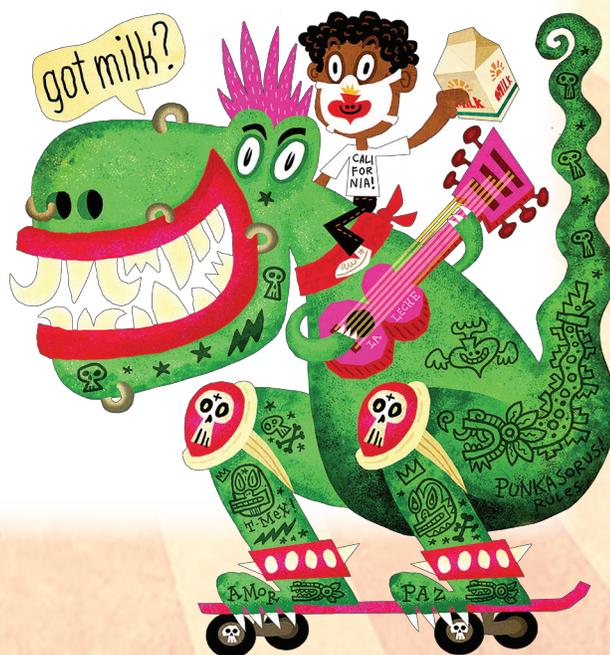
Directions

- In a blender, combine all ingredients.
- Cover and blend until smooth. Serve immediately.



This recipe is an easy and filling breakfast choice with protein and calcium to have at home or on-the-go. It also makes a delicious snack. For more recipes to help keep your family strong, visit www.gotmilk.com/recipes.

- Select an upbeat song — or make up one of your own — and create a family dance. Pick a song that reminds you of a fun family memory like a road trip or party. Or choose a song that you know your family won’t be able to resist getting up and moving to. Host a dance off for even more fun!
- Host a scavenger hunt to locate things around the house that make you feel strong, positive, and happy. Take turns explaining why you selected your chosen items.
- Take family nature walks with a twist — call them “rainbow” walks — and challenge each member of the family to find one thing outside that represents each color of the rainbow.
- Create a wall of funny pictures that make you laugh or feel happy so that you can look at them when you feel stressed or anxious.
- As a family, come up with a list of things you all like to do that can help keep you strong every day. Post the list on the refrigerator for quick reference to help support your body, mind, and spirit.



got milk?[®]

© 2021 California Milk Processor Board

¡AYUDE A LOS NIÑOS A MANTENERSE FUERTES!

Estimados padres y cuidadores:

Ayuden a sus niños a adoptar buenas costumbres para mantenerse fuertes. Ha sido un año difícil para los niños y las familias. Cultivando la mente, el cuerpo y el espíritu con actividades divertidas, los miembros de su familia pueden apoyarse mutuamente y practicar buenos hábitos para hacerse fuertes frente a los altibajos cotidianos.

Estas son algunas ideas para intentar "mantenerse fuertes" en familia:

- Hagan un "Batido para estar fuertes" y ayuden a sus hijos a ingerir el calcio que necesitan. Aquí les presentamos una receta rápida, fácil y deliciosa para preparar un batido de plátano con chocolate:



Ingredientes

- 1 cucharadita de esencia de vainilla
- 1 plátano pelado, congelado y bien maduro
- 1 taza de leche con chocolate o leche clásica libre de grasa
- Opcional: 1 cucharadita de cacao amargo en polvo (si eligieron la leche clásica)
- Oras alternativas: ¡Pueden usar cualquier fruta que tengan en casa!

Instrucciones

- Coloquen todos los ingredientes en una batidora.
- Tápenlos y batan hasta obtener una mezcla suave y sin grumos. Sirvan el batido inmediatamente.



Esta receta ofrece una opción de desayuno fácil y sustanciosa, que aporta proteínas y calcio, y es ideal para tomar en casa o en cualquier parte. También puede ser un delicioso refrigerio. Si quieren ver más recetas para mantener fuerte a su familia, visiten www.gotmilk.com/recipes.

- Seleccione una canción alegre — o componga una propia — e invente una coreografía familiar. Elija una canción que le traiga a la memoria un recuerdo familiar divertido, como un viaje por carretera o una fiesta. O elija una canción a la que su familia no podrá resistirse. ¡Baile para multiplicar la diversión!
- Organice una búsqueda del tesoro para encontrar por la casa cosas que le hagan sentir fuerte, optimista y feliz. Tomen turnos para explicar por qué eligieron esos objetos.
- Dé un giro a los paseos por la naturaleza en familia — llámelos paseos "arcoíris"— y rete a cada miembro de la familia a encontrar algo que represente cada color del arcoíris.
- Diseñe un muro de fotos divertidas que le hagan reír o sentirse feliz para contemplarlas cuando se sienta estresado o ansioso.
- Escriba en familia una lista de cosas que les gusten a todos y que puedan ayudarles a mantenerse fuertes cada día. Coloque la lista en la nevera para consultarla en cualquier momento y usarla para fortalecer cuerpo, mente y espíritu.

