

School & Community Health Zones

Health and Nutrition

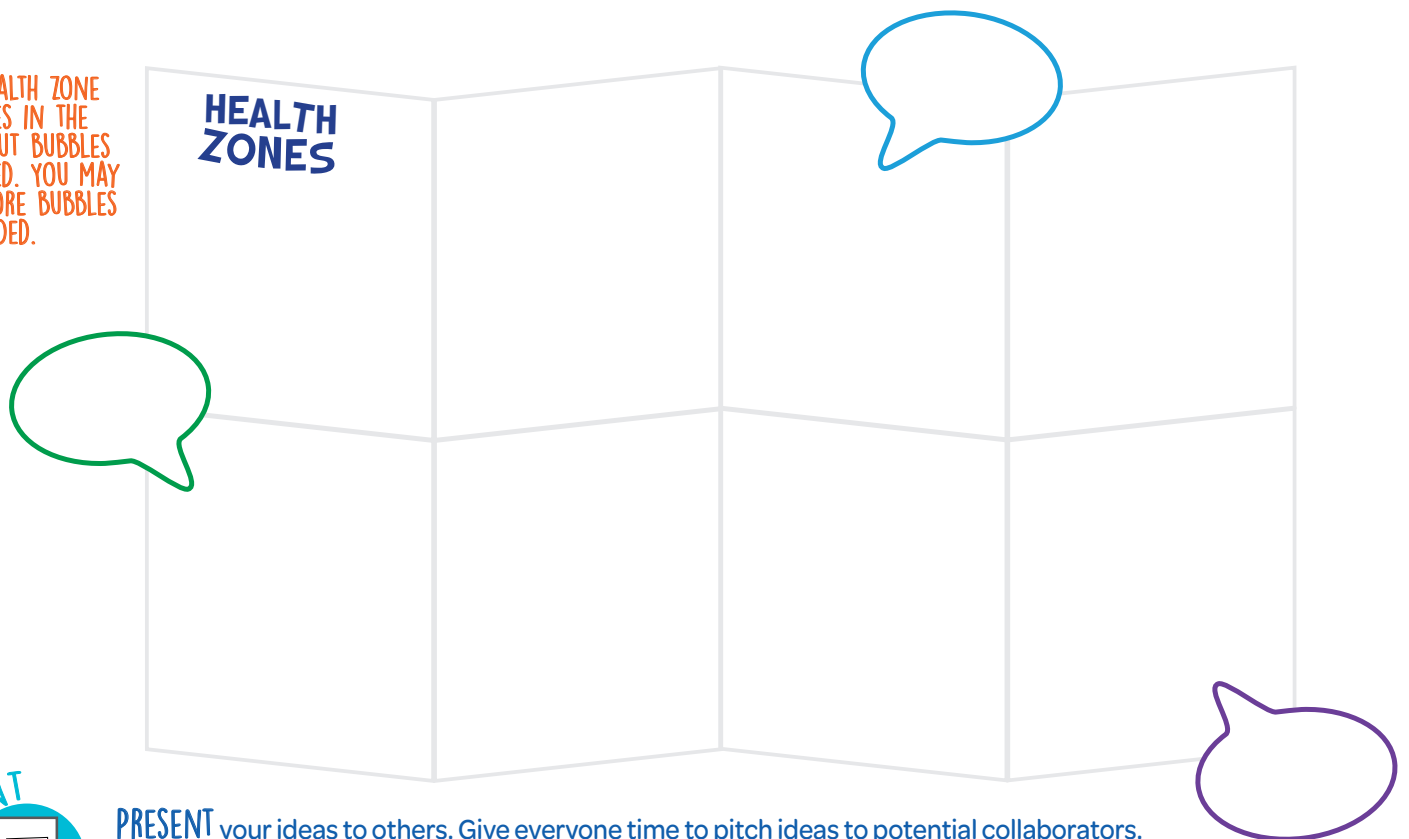


CONNECT the places where children learn and play in your community with healthy behaviors. Take an imaginary walk around the school, library, community center, or park. Where could there be additional opportunities to support a person's mental health and physical health? For example, schools and communities have provided "Buddy Benches" and "Friendship Corners" as places where people can listen to each other and show they care.



CREATE a map of a building or community and add your healthy ideas to the sketch. You might zoom in closely to focus on the playground or map out a larger scene that includes several buildings. Label your healthy additions, big or small. For example, you might add a bike path to encourage more exercise or hand sanitization stations for easy disinfecting. You could focus on social and emotional health and add cozy places where children can read, rest, and feel comforted.

ADD HEALTH ZONE FEATURES IN THE CALL-OUT BUBBLES PROVIDED. YOU MAY ADD MORE BUBBLES AS NEEDED.



PRESENT your ideas to others. Give everyone time to pitch ideas to potential collaborators. Try to earn their support. Collaboratively decide what ideas the team will work on together.



RESPOND by forming small groups focused on bringing some of the favorite ideas to life. Research the costs of implementing a plan. Identify the decision makers who need to be convinced (school board, principal, library administration, park managers, or potential funders). Plan how your team will present the top ideas to those decision makers.