

HAPPY HEALTHY providers



POSITIVE HABITS FOR CHILDREN start with happy and healthy environments. Learn how to maintain and reinforce healthy choices in this five-part series that addresses mental, physical, and nutritional health within K-12 childcare environments.

February 11 | 3:30 PM (CT)
HOW HIGH DO YOU BOUNCE

Resiliency skills help people adapt, recover and grow stronger from challenging situations. Learn how to create opportunities from challenges and discover ways to nurture and strengthen your resilience.

February 18 | 3:30 PM (CT)
BRAIN BOOSTERS

Learn how to help children and families develop positive, lifelong habits by incorporating activity energizers to their day to sharpen focus and supporting healthy nutrition choices with budget-friendly snacks and snack swap ideas.

February 25 | 3:30 PM (CT)
MINDFUL PRACTICES (part 1 of 2)

Mindfulness can help reduce stress and improve job satisfaction. Learn techniques to develop your personal mindful practices by maintaining an open and curious awareness of your thoughts, emotions, sensations, and surrounding environment.

March 4 | 3:30 PM (CT)
MINDFUL PRACTICES (part 2 of 2)

Discover the benefits mindfulness brings to both teachers and students, and learn how to complement the social-emotional learning opportunities in your classroom with mindfulness strategies.

March 11 | 3:30 PM (CT)
FAMILY ENGAGEMENT

Family engagement supports student wellness and academic achievement. Gain an understanding of what family engagement is and learn how to encourage easy family involvement activities in your school settings.

FREE
SERIES



5 hours of CPDUs available through the Illinois State Board of Education

REGISTRATION
REQUIRED:

go.illinois.edu/HappyHealthy

For more information, or if you need a reasonable accommodation to participate, contact organizer Michelle Fombelle at mfombelle@illinois.edu. Early requests are strongly encouraged to allow sufficient time to meet your needs.



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

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