



WELLNESS FACT HANDOUT

OVERVIEW

In this activity, you will evaluate how your mind and body feel using a “Nutrition Facts” label as a model.

TIME

30 minutes

OBJECTIVES

In addition to common classroom materials and an Internet connection, you will need:

- Wellness Facts handout
- Completed Activity: Read Your Body

INTRODUCTION

You’re likely familiar with Nutrition Facts labels. These labels are included on all packaged foods in the United States and concisely show you the macronutrients and micronutrients that are found in the food.

But wouldn’t it be great if we had labels, too? In this activity, you will create a snapshot of your “Wellness Facts” in four different wellness areas: Immunity, Calm, Energy, and Digestion.



ACTIVITY STEPS

STEP 1

Refresh your memory about these four categories of wellness:

- **Immunity:** keeping your body ready to fight infection.
- **Calm:** minimizing stress in your body and building mental focus.
- **Energy:** sustaining energy throughout the day.
- **Digestive Health:** supporting gut health.

STEP 2

Reflect on the **Read Your Body** activity you previously completed. Again, you will focus on how your body feels *right now*. Start at the top of your head and reflect on any sensations you have all the way down to your toes.














































STEP 3

Look at your **Wellness Facts** handout. For each item in each of the four categories, circle the emoji that best reflects how you feel right now.

STEP 4

From time to time, revisit the **Wellness Facts Labels Activity** handout and complete it again. Consider any changes over time. What do you think has influenced a change? Which mindfulness and relaxation techniques can you use to minimize stress or anxiety? Which nutrient-rich foods can you add to support digestion and immunity? How can you increase your energy level?

Following the activity steps on the previous page, circle the emoji that best reflects how you feel right now. Then, hang your **Wellness Facts** on the refrigerator to encourage other members of your family to reflect on their own Wellness Facts.

Wellness Facts			
Energy Level			
Immunity			
Illness			
Aches			
Strength			
Headache			
Calm			
			
Mood			
Stress			
Anxiety			
Heart Rate			
Breathing			
Energy			
Sleep			
Feeling Rested			
Concentration			
Digestion			
Stomachache			
Regularity	