OPTIMISM: A feeling of hopefulness and confidence about the future or the success of something.

The class has a lot of optimism that this school year will be fun and meaningful.

High-5 Breathing: [YouTube]
Sit or stand in a comfortable position. Hold your left hand out in front of your chest. Extend and spread your fingers out.
Using the pointer finger of your left hand, slowly trace your fingers starting with the thumb and tracing up and down all the way to the outside base of your pinkie.
As you trace up a finger, inhale. As you trace down a finger, exhale.

ENERGY BALANCE: The state when a person uses (burns) the same amount of energy (calories) that they consume in a day.

Energy balance helps us keep our bodies at a healthy weight.

Nutrition Fortune Teller: [YouTube]
Let’s learn about nutrition using a fun Nutrition Fortune Teller.
Start by picking the number that matches the picture of a food. Open and close the fortune teller while counting to that number. Next, choose the name of the food on the inside of the fortune teller. Open and close while spelling the name of the fruit. Next, open the flap, read the fun fact and complete the activity.