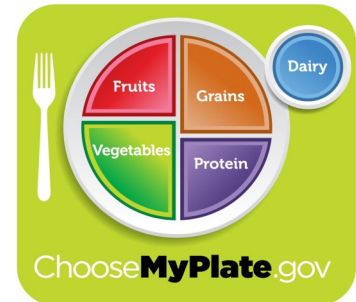


Healthier Classroom Pledge

I Pledge To:

Check at least five changes and up to eight.

- ◇ Do daily physical activity breaks with my students
- ◇ Have healthy celebrations
- ◇ Use non-food reward in the classroom
- ◇ Be a healthy role model for my students
- ◇ Incorporate nutrition and physical activity messages in my lessons
- ◇ Display healthy nutrition and physical activity messages in my classroom
- ◇ Encourage my students to participate in the breakfast and lunch program
- ◇ Challenge students to stay hydrated and encourage water intake



Teacher Name _____ Grade _____

Teacher Signature _____