



Back to School Toolkit

Start Your School Year Confident and Connected

Successful learning, in school and virtually, depends on a supportive environment. The *Kohl's Healthy at Home* Back to School Toolkit is designed to help families prioritize physical, mental, and emotional well-being.

Use the chart below as a guide to help make each day a healthy one, for yourself and the children you care for.

Build a *Healthy at Home* Daily Routine

Morning

- Pause for a mindful moment
- Eat a healthy breakfast
- Brush teeth

Afternoon

- Connect with peers & classmates
- Take an active screen break
- Choose a healthy snack







Evening

- Share family time
- Add fruits & vegetables at dinner
- Relax before bed

Stay informed of the [latest safety guidelines](#) to slow the spread of COVID-19.



HEALTHY DAY CHECKLIST

- Spend 2 minutes brushing your teeth in the morning and before bed. 
- Whenever you're feeling stressed or anxious, take 5-10 long, deep breaths. 
- Drink at least 8 glasses of water today. 
- Try to limit sugary drinks like soda and eat one fruit or vegetable with every meal. 
- Get at least 60 minutes of physical activity today. 
- Reserve at least 9 hours for a great, full night of sleep. 

Together, Alliance for a Healthier Generation and Kohl's are encouraging families to create a healthier home life.

Learn More & Get Free Resources at [KohlsHealthyAtHome.org](https://www.kohlshealthyathome.org)

#KohlsHealthyAtHome





















Feelings Chart

Emotions are a big part of our health and well-being. Each person will experience emotions differently and the way we feel can change day-to-day. To successfully manage our emotions, we must first identify how we feel and acknowledge that no feeling is “good” or “bad.” All feelings are useful information to help us navigate our world with success!

HOW TO USE

- Print and post this chart somewhere visible, like the refrigerator
- Every day, family members and educators can guide young people to name their emotions, then provide support through active listening and encouragement

Right now, I am feeling ...

 Happy	 Excited	 Silly	 Energized
 Confident	 Loved	 Grateful	 Surprised
 Thoughtful	 Calm	 Sensitive	 Tired
 Bored	 Sad	 Jealous	 Disappointed
 Sick	 Frustrated	 Worried	 Angry

Self-Care Tips for Parents & Caregivers

As a parent, grandparent or caregiver, you may be juggling multiple roles while prioritizing your family's health and safety.

But don't forget: your health matters, too! Prioritizing your own well-being can help you be a better caregiver for your children and family members.

HOW TO USE

Try these 5 psychology-backed tips to relieve stress, boost physical and mental health, and help you continue supporting your family



Take care of your body

When you can, take time to exercise, eat fruits and vegetables and maintain a healthy sleep routine. Remember - it's OK to take small steps!



Give yourself some space

Choose one place within your environment to call your own, such as a room, desk or spot in your home. If you are working from home with other people, try using a sign or cue to indicate when you are available to interact. Watch this short video for even more tips to create personal space in a busy home.



Focus on what you can control

When we are overwhelmed, it can be easy to get stuck in a cycle of worry and stress. Practice identifying what you can control (e.g., making a list, calling a friend) and accepting what you can't (e.g., child's school assignments, the news).



Schedule a daily "worry window"

If you are having anxious thoughts regularly, try scheduling 15 minutes each day to focus on those thoughts or write them down. Outside of this scheduled time, practice focusing on the moment and reminding yourself to save your concerns for your next "worry window."



Congratulate yourself for a job well done

Remind yourself that everything you are doing to support loved ones is making a difference and it is OK not to "do it all." Breathing and living one day at a time is a huge accomplishment!

KOHLS
Healthy
at Home

Quick, Inexpensive, Healthy Meal Planning

Healthy meal planning does not have to be time-consuming or expensive! Check out these tips for saving time and money when planning healthy meals at home:



TO SAVE TIME:

- Pick a day when there's time to plan balanced meals for the week
- Serve raw fruits and vegetables as side dishes (*Bonus: Set the norm by having fruits and vegetables around the house for quick snacks*)
- Try canned vegetables (without added sodium) and frozen vegetables that can be quickly heated/steamed in the microwave
- Prepare a little extra and eat leftovers as additional meals



TO SAVE MONEY:

- Check what is already in the pantry and refrigerator before grocery shopping
- Prepare a shopping list that you stick to
- Check store sales and buy sale items
- Buy generic or store brand items
- Buy produce that is in-season
- Try lower-cost protein sources like beans, peas, eggs and canned tuna

Ask children and teens for help with:

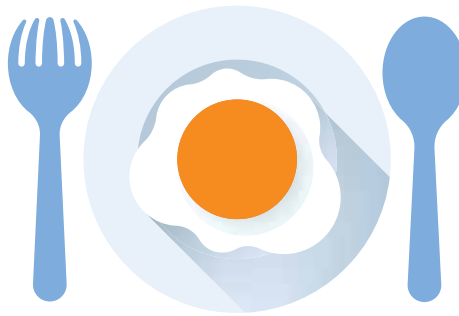
- Planning the menu (*Bonus: Rotate who gets to pick the menu!*)
- Grocery shopping for healthy ingredients
- Setting the table
- Preparing food
- Cleaning up after meals

KOHL'S
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Quick, Healthy Breakfasts at Home or To-Go!

QUICK TIPS

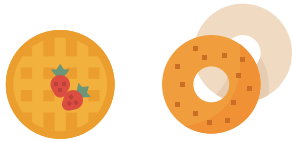
If you're short on time, your child can get a low-cost, healthy breakfast at school; ask the nutrition services department at your child's school for more information



Serve only water, low-fat milk, or 100% juice with breakfast

Let your children help with grocery shopping and preparing quick breakfasts

MAIN DISHES



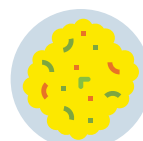
Whole grain waffle, pancake, or toast with peanut/sun butter or fruit toppings (Bonus: Check out our [fun animal toast faces here!](#))

Whole grain bagel with low-fat cream cheese



Oatmeal with cinnamon or fruit on top

Low-sugar cereal (under 6 grams per 1 dry ounce) with fat-free/1% milk



Scrambled eggs, low-fat cheese, and veggies like spinach or peppers



Frozen berries, spinach, low-fat yogurt blended into a smoothie (Bonus: Can take this to-go in a water bottle)

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Quick, Healthy Lunches

QUICK TIPS

Let children help with grocery shopping, budgeting (for older kids), and packing lunches



Include a positive and supportive note in your child's lunchbox to make their day!

If you're short on time, your child can get a low-cost, healthy lunch at school, camp, or at their summer learning program

Serve only water, low-fat milk, or 100% juice with lunch

MAIN DISHES



Build-Your-Own Pizza:
Whole grain English muffin with tomato sauce, low-fat shredded cheese, vegetables

Whole grain crackers with lean meat/tofu slices, low-fat cheese slices

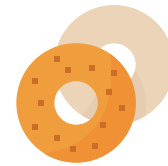
Low-sodium vegetable soup in an insulated container



Peanut/sun butter and berry/banana sandwich with whole wheat bread

Whole-wheat tortilla with low-sodium beans, low-fat cheese, salsa

Brown rice/quinoa/couscous with lean meat, low-sodium beans, edamame, low-sodium teriyaki sauce



Whole grain bagel with low-fat cream cheese

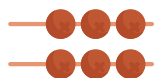
Whole grain waffle sandwich

Whole grain pita bread and hummus

Tuna/chicken salad with Greek yogurt or avocado

Quick, Healthy Lunches *continued*

MAIN DISHES



**Kabobs with chicken/
turkey/ham/tofu cubes,
fruit, vegetables**



**Baked potato/sweet potato
with Greek yogurt, low-fat
cheese, vegetables, salsa**



**Lettuce cup with lean
ground beef/chicken/turkey,
low-fat cheese, salsa**

SNACKS



Whole grain crackers

Pretzels

Trail mix

Baked chips



**Whole wheat graham cracker
with peanut/sun butter or
low-fat cream cheese**

Low-fat string cheese

No-sugar-added apple sauce



**Fruit cup in water or
100% juice**

Whole grain cereal

Dried fruit/raisins

Air-popped popcorn

FRUITS/VEGETABLES



**Celery or carrot sticks with
Greek yogurt dip**

**Cookie-cutter shape
cucumbers, apples, pears,
kiwi, melon, or zucchini**



**Small garden salad with
fresh greens, tomatoes,
carrots**

**Small fruit salad with
berries, bananas, grapes**



Edamame/snap peas

Orange or apple slices

Banana

20 Family Bonding Activities

Spending quality time with family and loved ones can improve social skills, boost children's confidence and increase feelings of happiness.

HOW TO USE

- Print and cut out the activities below, or take a picture of the page
- Add your own family ideas!
- Take turns choosing an activity to do together as a family



Show-and-Tell – each person selects a special item and shares why it is important to them



Look at Old Photos Together – share stories about your experiences



Get to Know Each Other More – ask questions like the ones in these [Quick Connection Cards](#)



Have a Family Slumber Party – build forts, watch a movie, make healthy snacks



Create a Family Music Playlist – listen and dance, talk about your favorite songs



Cook a Favorite Meal – choose age-appropriate tasks such as setting the table, cutting vegetables and washing dishes



Participate in a Fun Physical Activity – try hide-and-seek or have a dance party



Play a Family Game – this could include board games, trivia, sports or [Nature BINGO](#)



Volunteer – pick your favorite cause (e.g., animal shelter) or spend time helping a friend or neighbor

20 Family Bonding Activities Continued



Have a Fashion Show – model your clothes and donate any you no longer want or need



Complete a Puzzle Together – younger kids can look for edge pieces or certain colors



Create Artwork – paint a canvas together or find [craft ideas online](#)



Explore together with an indoor or outdoor [scavenger hunt](#)



Perform in a Talent Show – each person demonstrates a skill (e.g., juggling, singing)



Have a Family Photo Shoot – Bonus: Have one framed or put photos into an album



Create a Family Vision Board – include your goals for the year and what you are grateful for. Bonus: Get started with [this template](#)



Make a Family Feel Good Plan – brainstorm ways to de-stress such as deep breathing or talking it out with one another



Read Aloud as a Family – Bonus: Read to long-distance family members over the phone or do a book swap through the mail



Perform Together – make up a dance or act out a favorite book/movie (Bonus: Put it into a video!)



Complete an Obstacle Course – inside or outdoors; include items to jump over, crawl under, run around and balance on



Time-Saving Physical Activities for Busy Families

If you want to be physically active with your family but feel like you are short on time, you've come to the right place. Fitting in short bouts of movement throughout the day can go hand-in-hand with regular routines. Try the following time-saving strategies for getting the whole family active while accomplishing routine tasks.



Get More From Your Chores



- Every time you need to pick something off the floor (e.g., toys), do a full body squat
- While doing laundry, consider taking multiple trips to/from the dryer



- When walking the dog, bring the whole family along and make it a daily routine



- While brushing your teeth, do a wall-sit (squat with back against the wall)



- Vacuuming, mopping, and doing yard work are already active, but you can get even more from these tasks by listening to music and having fun while you work!

Energize Your Errands



- When checking the mail, take an extra lap around your neighborhood



- While waiting for service or for an appointment, stand instead of sit
- Park further from the entrance of your destination so you can get some extra steps in



- Take the stairs instead of the elevator or escalator

- Consider getting off the bus one or two stops early and walking the rest of the way to your destination



Up Your Game and Leisure Time



- While watching TV, pick a word or phrase and every time a character says the word, do 5 jumping jacks, pushups, or sit-ups

- During each TV commercial break, dance to one song (Bonus: Rotate which family member gets to pick the song)



- Play a game of active Charades by acting out phrases or book and movie titles

- Use a deck of cards to create a quick family workout. Do the number of repetitions displayed on the card:



♥ Hearts: twists

♣ Clubs: calf-raises

♠ Spades: basketball jump shots

♠ Joker: wild card!
Choose the number and activity

♦ Diamonds: baseball swings

All-Weather Family Activities

Regular physical activity is good for people of all ages, because it can help:



Reduce stress



Improve sleep



Increase academic performance



Lower blood pressure



Prevent illness and disease



Boost mental health

Kids need 60 minutes of physical activity every day! Both youth and adults can spread out their physical activity by engaging in short bouts of movement throughout the day.

To help you get started, here are some simple, inexpensive, all-weather activities that the whole family can enjoy together!

Warm-Weather Activities



- Take a hike
(Bonus: Try a scavenger hunt hike!)



- Play tag or Hide-and-Seek outside



- Plant an outdoor garden



- Try roller skating or rollerblading

- Go swimming in a local pool or turn on the sprinklers to splash around



- Help family and neighbors by pulling weeds or mowing the lawn



- Create “active art” by drawing hopscotch or four-square spaces on the sidewalk with chalk and then challenging your friends or family to a game!

- Participate in a local race with friends and family, such as a 5k



- Take a bike ride
(Bonus: Ask to help with a bike-to-school day at your child’s school)

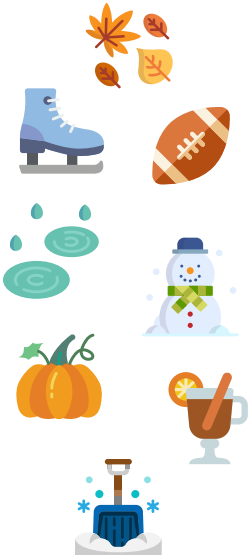
I like walking with my family, especially at our local zoo!
-Carol, age 65

We enjoy walking and biking around our local parks together.
-Kiran, age 39



All-Weather Family Activities

Cool-Weather Activities

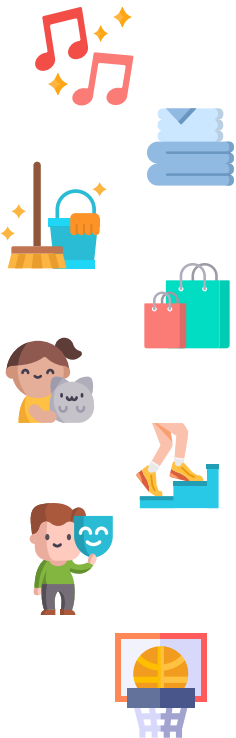


- Rake leaves and jump into the pile!
- Step into rainboots and splash in the puddles
- Help family and neighbors by raking leaves or shoveling snow
- Go sledding
- Challenge your family to a snow-building competition
- Get in the seasonal spirit by going apple-picking, strolling a corn maze, or browsing a pumpkin patch
- Hand-deliver items that are sure to warm your neighbors' hearts, such as homemade holiday cards and healthy apple cider

I love to be physically active with my family by playing catch with my football.
-Jovon, age 13

I like to go ice-skating together!
-Arielle, age 14

Indoor Activities



- Try these quick physical activity break cards – no equipment necessary!
- Turn on the music and have a dance party
- Do some spring cleaning by sorting old food, clothes, books, and other items (Bonus: Donate any usable items that you no longer want to charity)
- Help with household tasks like dusting, vacuuming, and mopping
- Play a game of indoor Hide-and-Seek
- Go shopping at a local mall
- Walk or run up the stairs 10 times
- Volunteer at a local organization, such as an animal shelter or a food bank
- Act out a scene from a favorite book or movie or put on a play for family members!
- Encourage your local schools to open their indoor facilities (e.g., basketball court, weight room) to the community when school is not in session

“My favorite activity is showing my family my gymnastics exercises – like frog jumps, wall handstands and planks!”
-Amelia, age 7