

## Teens as Teachers 2021

### Healthy Living

#### Materials list

Activity 1: Copy of Wellness Wheel (one per attendee) and the direction/instruction page (for the adult mentor/educator in case of internet issues), assorted colors markers/crayons/pencils (to share)

Activity 2: Empty water bottle (8-12 ounce preferred - one per attendee), glitter glue, chunky glitter, warm water, popsicle type stick per person for stirring, plastic spoons to use for measuring glitter glue, Calming Jar and No Liquid Calming Jar handouts (one per attendee)

Activity 3: Small apples and copy of 5 Senses handout (one of each for each attendee), copy of Mindful Eating activity in case of internet issues

Suggested (if your budget allows): copies of GEM and Mindful Me curriculums from Shop 4-H for each team