101 Actions You Can Take Right Now for Healthy, Happy Kids!

Be an Action Hero — show you care, find your unique role, use your voice, get involved at school, or find something you can do to take action that fits your lifestyle, your own way — every action counts!

Help us get to 1 million actions 2025! Share your action here: https://www.actionforhealthykids.org/submit-action

Live a Healthy Lifestyle

1. Start the conversation with your kids about healthy lifestyle benefits.
2. Model healthy behaviors.
3. Set healthy goals with your child, post to social media and stay accountable (tag #takeaction4healthykids on Twitter @Act4HlthyKids or Instagram @act4healthykids).
4. Make a healthy food swap (like fruit for candy).
5. Eat together as a family.
6. Recognize children’s good behavior with praise and other non-food rewards.
7. Read nutrition labels for serving size and healthy ingredients.
8. Create a fun challenge with other families and compete to reach healthy goals.
9. Talk to your kids about the dangers of vaping.
10. Play with your kids instead of watching them play.
11. Get to know your child’s friends.
12. Help your kids talk through their feelings. Don’t forget to talk through yours with someone, too.
13. Swap movie night for game night.
14. Make sure your family gets enough sleep — sleep affects mood.
15. Model your own happiness — happy parents are statistically more likely to have happy children.
16. Laugh more! Laughter is contagious and increases happiness.
17. Teach your kids how to build relationships and how to relate to others.

18. Encourage kids to perform small acts of kindness to build empathy.
19. Hold family meetings for regular check-ins, updates and quality time together.
20. Spend time with grandparents or senior citizens to reap benefits of learning cooperation and being more compassionate.
21. Engage with your local community — join supportive communities through groups, park districts, or clubs!
22. Rig your kids’ environment for happiness: less TV and more activities.
23. Teach kids to be thankful; positive emotions can boost immune systems.

Learn and Share

24. Learn about creating healthier school communities and healthy schools.
25. Take the healthy school quiz.
26. Ask to see your district or school wellness policy.
27. Host a service project at school or in the community with other parents for Every Kid Healthy Week.
28. Join AFHK’s Healthy Kids Network and connect with other parents and family members.
29. Ask your kids what they do in PE class or recess.
30. Ask your kids what they ate for lunch at school.
31. Go to AFHK’s resources for parents and families to find more information and activities.
32. Talk to your school’s principal about healthy initiatives.
33. Find out what AFHK is doing now in your community.
34. Take an AFHK class or webinar to learn more.
35. Attend a local AFHK workshop.

Practice Mindfulness

36. Practice mindfulness techniques at home your child can use at school: Try the Starfish.
37. Talk to your school about implementing mindfulness and stress-reduction techniques in class.
38. Start the morning with the yoga pose downward dog to release stress and energize the body for the day.
39. Introduce brain breaks in your kid’s classroom. Try GoNoodle.
40. Set a daily reminder to take a mindful moment.
41. Get outside! Green space boosts your mood and attention span.
42. Post a picture doing your favorite brain break with your family on social media with #takeaction4healthykids.
43. Take 5 minutes with your kids to meditate and set healthy intentions for the day.
44. Make meal time screen-free to allow everyone to talk and enjoy their food.

Be Fit at Home

45. Budget free unstructured time to promote intellectual, physical, social and emotional well-being.
46. Track each family member’s step count for the day to crown a champion.
47. Take a 10 minute walk around the block before or after dinner.
48. Screen Time Swap: Challenge your kids to play outside for an hour.
Cook Healthy at Home

70  Cook a healthy meal together as a family.
71  Try a new healthy recipe.
72  Plant a garden for fresh fruits and vegetables at home.
73  Post a healthy snack on social media and tag #takeaction4healthykids.
74  Try a new fruit or vegetable your kids choose at the grocery store for an in-home taste test.
75  Find different options to avoid unhealthy fast food
76  Start a healthy herb garden and use to spice up your family meals.
77  Provide healthy and fun after-school snacks (colorful combinations or shapes).
78  Go grocery shopping together and talk about where vegetables, fruits, grains, dairy, and protein foods come from.

Eat Nutritious Food at School

79  Build a school garden.
80  Create healthy holiday celebrations at school.
81  Fundraise using healthy snacks, plants or other non-food items.
82  Incorporate more fruits and veggies into school with student taste tests.
83  Eat school lunch with your child—see what it's like, what they’re eating and how much time they have to eat.
84  Make school lunches healthier—start by getting to know school cafeteria staff.
85  Make the cafeteria more inviting with colorful, healthy-eating themed murals.
86  Pack a new healthy snack for your child’s lunch, and have them fill out a fun taste test survey.

Create a Healthier, Happier Classroom

87  Teach your kids how to control test anxiety with breathing exercises.
88  Dance it off or strike a yoga pose for a quick brain break.
89  Begin the day with a pledge to make healthy decisions.
90  Apply for a school grant to help make your kid’s classroom healthier.
91  Ask your kids if they get to play or relax during the day.
92  Ensure kids have safe drinking water access.
93  Advocate for healthy academic and behavior rewards in class.
94  Help teachers get what they need for happier, healthier classrooms.
95  Advocate for active indoor classroom movement between lessons.

Band Together

96  Engage other families by starting or joining a health team at your school.
97  Create a family Facebook group for your school to advocate for your kids and discuss ways to make change.
98  Meet the change makers at your school: principal, teachers, PE instructors, wellness coordinators, food service directors.
99  Join the PTA or PTO at your school to learn more about your school’s health and wellness policy.
100 Advocate for increased access to healthy eating and physical activity to the school district administration.
101 Donate or fundraise to support AFHK.

To access links in document: actionforhealthykids.org/101-actions