



ACTION FOR
HEALTHY
KIDS 

AFHK School Health Index

Common Challenges and Actions to Advance Your Score!

Common Challenges

- Challenges fostering positive and nurturing relationships
- Lack of collaboration on school-wide social and emotional learning
- Engagement of all students



Actions to Advance Your Score

- » **Foster nurturing relationships (adult-adult, adult-child, child-child) by creating space to openly and safely discuss feelings, thoughts and emotions.**
 - Resource: [Talking Through Feelings](#) (Action for Healthy Kids)
 - Resource: [Feeling Through Colors](#) (Action for Healthy Kids)

- » **Promote social-emotional learning for adults and students.**
 - Resource: [Promoting Social-Emotional Learning](#) (Action for Healthy Kids)
 - Resource: [Safe and Supportive Learning Environments](#) (Action for Healthy Kids)

- » **Explore ways to elevate student voice to better engage all students.**
 - Resource: [Student Wellness Team](#) (Action for Healthy Kids)



Start small & celebrate success along the way!

Next Steps

- » If you haven't already, gather or build your team.
 - Resource: <https://www.actionforhealthykids.org/step-1/>

- » Complete the School Health Index in the Action for Healthy Kids School Portal with your school health team.
 - Resource: <https://www.actionforhealthykids.org/school-health-index/>

- » Use your results to develop an action plan. Identify strengths to build off and focus in on your areas of opportunity.
 - Resource: <https://www.actionforhealthykids.org/step-3/>

Resources and Support

- Digital Tools and Resources
 - Healthy Kids Blog
 - Events and Learning Opportunities
- ... and more!

Visit actionforhealthykids.org or email us at contactus@actionforhealthykids.org!





We are here to support you!

Reach out to contactus@actionforhealthykids.org for support!