

PLEASE

Activities for Teens

Small Actions, Big Results



- ☐ **TELL AN ADULT:** If you feel physically down, who will you talk to?

[Name: _____]

- ☐ Share how your body feels (dragging, achy, etc.)



- ☐ **EAT SOMETHING:** What healthy snack will you have before a big study block?

[Snack: _____]

- ☐ Eat something small but filling



- ☐ **WALK AFTER CLASS:** List a specific route or place to walk for ten minutes.

[Location: _____]

- ☐ Walk for ten minutes after your last class



- ☐ **HYDRATE:** How will you make sure to drink water today?

[Plan: _____]

- ☐ Keep a water bottle in your backpack



- ☐ **SET A BEDTIME REMINDER:** What is your ideal sleep schedule?

[Bedtime: _____ AM/PM]

- ☐ Actually follow the reminder



- ☐ **MISS A HABIT?** Small adjustments beat big promises. What will do differently tomorrow?

[Plan for Tomorrow: _____]

- ☐ Just try again tomorrow. The skill hasn't failed.

