



YOUR ESSENTIAL START FRESH AND STAY FRESH

Fuel Up to Play 60 Wellness Supply List!

This school year promises to be unlike any other and Fuel Up To Play 60 is here to help you start fresh and stay fresh together! We asked educators across the U.S. to share with us their favorite tips to starting the school year off right (and sprinkled in a few of our own) to help keep your body and your mind going for all four quarters of your day – from breakfast to bedtime! Here's what they had to say!



The Essentials:



MEAL PREP

Meal prep your lunches on Sundays – make salads, sandwiches or basic bowls and cut up veggies and fruit.
-Yolanda Jones



EXERCISE

Try for 60 minutes of your day to do some kind of exercise. Try to fit it in during the early morning because time flies and if you wait until the afternoon, it might not happen!



TAKE A BREAK

You don't have to do everything alone. There are leaders in your class and school that can also inspire others to lighten the load!



CELEBRATE

Reflect on the student who looks forward to your class each day or the thanks you received from your boss, peer or parent. These are the moments you can and should feel good about!



MEDITATE

Take 10 and listen to a meditation on your phone or your computer. Schedule it into your day so you don't miss out on it!

For The Classroom

- Get your energy levels up in the morning by creating a special playlist that pumps you up! Students thrive on your energy! -Jennie LeBlanc Graves
- Turn your workspace into a “happy” space by adding small plants, music and your favorite snacks!
- Freshen up the playground blacktops! Add a maze game or a two-lane Ninja race course for kids to race on. Getting kids excited to move gets you excited, too!
- Sandy Hagenbach
- Check out Fuel Up to Play 60's Learning Plan for educational resources that are ready for your classroom. Help feed your students' curiosity when it comes to topics like sustainability, food production and fueling bodies and minds.
- Get your students to eat well and stay active for 60 minutes a day by downloading the Fuel Up to Play 60 Student Zone App! Make sure your students know about Universal School Meals, which gives them access to free/reduced meals that feature dairy all year long!

Have on Hand

- Start your day with the ABC's – A positive Attitude, a nutritious Breakfast, a moment of Calm to reset and get ready!
- Do something nice for others like leaving a note of encouragement for a new teacher or sending warm wishes to your colleagues or friends.
- Take a little break and find inspiration in unlikely places. Even your favorite social media channels like TikTok have fun teacher tips and classroom decorating ideas!
- Buddy up and make a workout date with other teachers after school so you're motivated to be active.
- Get inspired! See what other teachers and schools are doing across the country to build stronger students and communities at FuelUpToPlay60.com!
- Save time where you can so you can fit your workout in! Lay out your workout clothes the night before, drink a breakfast smoothie with delicious dairy on your drive to school or prep your classroom before you leave each day so you can just walk in when the bell rings!