

Take action to improve the health of your community.

WE give 
health



CRITICAL THINKING



ACTION PLANNING



REFLECTION

3

SUSTAINABLE DEVELOPMENT GOAL 3: GOOD HEALTH AND WELL-BEING

AN INITIATIVE OF



MADE POSSIBLE BY

Walgreens
Trusted since 1901™

A special thank you to Walgreens for their dedication to making communities healthier and happier.


Walgreens believes that every person and every purchase can have a positive impact in the U.S. and around the world. As the largest drug-retailing chain in the U.S., Walgreens champions health and well-being in every community in America. Walgreens has teamed up with WE Schools to sponsor the WE Give Health campaign, promoting physical and mental well-being to young people across the country.

HEALTH + MOVEMENT = CHANGE

Raise awareness of the resources available in your community to support yourself and others in practicing healthy lifestyles, like eating right, getting enough sleep and staying active.

Eating a well-balanced diet rich in nutrients keeps your body healthy and your mind energized. It also reduces the risk of experiencing depression. Sleep is just as important—without enough sleep, we may feel stressed and anxious. Physical activity also helps our bodies release natural feel-good hormones, like endorphins, to improve your mood.

Use the WE Give Health campaign to encourage healthy living at school and in your community. A healthy lifestyle also helps positively impact your mental well-being—another reason to get moving and get doing!



FACT: Regular exercise helps relieve stress, improves memory and sleep, and boosts overall mood.

Ways to Take Action



Raise awareness about healthy living by practicing better habits and self-reflection.

Nutrition

- Organize a healthy eating challenge at home, school or in the community for the week or month to raise awareness about the mental health benefits of healthy eating.
- Host a picnic or potluck featuring healthy meals at school or in your community to educate others on the connection between nutrition and mental well-being.
- Take time to reflect on your experiences and share them on a blog or social media.
Ask yourself:
 - How has making healthier food choices made me feel?
 - How can I make better food choices?

Sleep

- Start a routine, such as going to sleep around the same time every night, avoiding screen time and dimming the lights. Aim to get enough sleep—around nine hours.
- Set your alarm clock for the same time every morning.
- Reflect on improving your sleep:
 - How has improving my sleep affected my mental well-being?
 - How can I help others improve their sleep to make a positive impact on their mental health?

Activity

- Organize a healthy living event at school or in the community to educate others on the effects of physical activity on mental health.
- Plan a healthy living activity every week with family and friends such as a day at the park or biking.
- It's important to reflect to learn and improve on your experience. Ask yourself:
 - Who can support me to be more active at school, home or in the community? What can we do together?
 - How can I support others to be more active and help in their mental well-being journey?



Tech for Good Badge

Start a healthy living blog to inspire others to improve their physical and mental health. Post fun exercises, healthy recipes and tips to help others on their healthy living path.

Go further: Create an app that tracks all your healthy living activities and encourage others to be active, make healthy food choices and get enough sleep.

In the Classroom

Educators can incorporate this campaign into their curriculum. Download the new addition to the Classroom Resource Creating Healthy Communities at [WE.org/wegivehealth](https://www.wegivehealth.org) for lessons that look at physical health and how it impacts social-emotional skills and mental well-being.

Creating Healthy Communities			
Grade	Subject Connection	Learning Goals	Skills Developed
1 to 8	<ul style="list-style-type: none"> Health and Physical Education 	<ul style="list-style-type: none"> Understand how health issues affect people locally and globally. Explore the physical and mental health benefits of an active lifestyle. 	<ul style="list-style-type: none"> Action planning Research and writing Argument formation Organization Reflection Information literacy Critical thinking Leadership skills
9 to 12			



Campaign in Action

The students at P.S. 380 John Wayne Elementary School can't wait to get their Zumba on! They're planning a fun Zumba-thon in the spring to promote movement and health at their school. Everyone at the school is looking forward to not only having a ton of fun, but also to learning more about healthy living through WE Give Health.

Get Doing

STEP 1

Investigate and Learn

What local health issues are you and your group passionate about? Learn more about the issues that your community is facing by researching on your own or using the Health Issue Card.



CHECKLIST

- ☐ Check out the Health Issue Card
- ☐ Create an Action Plan
- ☐ Visit [WE.org/wegivehealth](https://www.wegivehealth.org) for resources
- ☐ Put up campaign posters
- ☐ Watch and share the campaign video
- ☐ Print out and distribute the resources
- ☐ Share on social media with [#WEgiveHealth](https://twitter.com/WEgiveHealth)
- ☐ Plan your WE DayX
- ☐ Complete your Campaign Impact Survey
- ☐ Complete your Tech for Good badge survey

What did you learn?

What local health issues are you passionate about? _____

What local health organizations are helping to tackle these issues? How are they tackling these issues? _____

What local health initiatives already exist? How are they positively impacting local health? _____

STEP 2

Action Plan

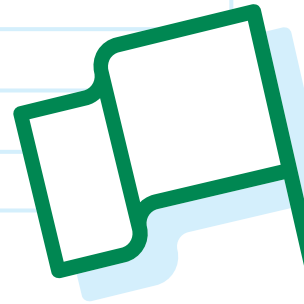
By taking care of ourselves and each other, we can improve our community's health and well-being. Move, dance and jump toward creating a huge impact in the lives of those around you! But before you take action, it's important to set a goal.

Set Your Goal

What healthy event or activity will you do? _____

How will you raise awareness about healthy living? _____

When will you hold your event? _____



Assign Roles

Think about what you'll need to ensure a successful event day. Based on everyone's individual strengths and passions, decide who in your group will be responsible for each task!

Task	Group Member(s) Responsible
Healthy snacks for participants	
Posters	
Social media posts	

Set a Schedule

To make sure your campaign runs smoothly, create a schedule for when things need to be done.

- _____ by _____
- _____ by _____
- _____ by _____
- _____ by _____
- _____ by _____

STEP 3

Take Action

When we take action on our own health habits, we have the power to spread good health. Invite your friends, family and community to get involved in your healthy-living event and get moving!

Tip: Go further and post facts and tips on social media to help your online community live more healthy too!



Don't forget to share your pictures, updates and success with [#WEgiveHealth](#).

Reflect

How did your healthy-living event promote health locally? _____

Did you run into any obstacles during your event? How did you overcome them? _____

What will you do differently next time? _____

How will you continue to promote healthy living in the future? _____

STEP 4

Report and Celebrate

Report

How many people participated in your event? _____

What kind of healthy-living event did you hold? _____

Has your educator contacted your WE Schools Program Manager about filling out an Impact Survey? _____

Celebrate

Make sure you celebrate and share the success of your campaign, and reward yourselves for all your hard work.

- Share photos of your actions with your school, community and WE Schools Program Manager.
- Record the highlights of your event day and create a video.
- Celebrate impacts through a class party, assembly or WE DayX.

Thank everyone who supported your campaign!

Use this space to brainstorm fun ways to acknowledge everyone who supported your campaign.
(E.g., send thank you cards.)

