



## WHY WE CELEBRATE SUCCESS AND HEALTHY LIFESTYLES?

Celebrating success is a big part of what we do at Chicago Run and ties into the critical concept that after physical activity, students can create positive identities. By celebrating small achievements and hard work, we are encouraging students to take pride in themselves and what they've accomplished!

## CELEBRATE AS A FAMILY!

Engaging the entire family is something we strive to do because if the healthy practices learned from school are reinforced at home, a student's odds of becoming a healthy adult increases dramatically.

## HOW TO CELEBRATE AS A FAMILY?

- ★ ★ **Breakfast of Champions-** As a reward for the whole family, have everyone help in cooking a healthy breakfast together. Each family member gets to contribute at least one healthy item.
- ★ ★ **Chore Swap-** Reward a family member by having them decide what chores will be done by which family members that day, weekend, or week.
- ★ ★ **Dance Party-** Celebrate as a family with a 5-minute dance party! Reward a family member by selecting a song to dance to.
- ★ ★ **Game Night-** Whether it is a board game or a video game, play as a family. Like above, if you are celebrating a specific family member, have them choose what game you all play together.
- ★ ★ **Movie night-** Gather for some celebratory bonding time with a movie night at home or go out to a theater. The family member being rewarded chooses the movie you watch together.
- ★ ★ **Snowball Fight-** Celebrate with a family snowball fight. Use rolled up socks, cotton balls, or if you have soft gator balls. Reward a family member by splitting everyone into two teams. When weather is appropriate, celebrate with a fun water balloon fight outdoors!
- ★ ★ **Sports Day-** Whether you go to the backyard, park, or inside the house (cautiously) gather and have a family member choose what sport you get to play together.
- ★ ★ **Sunday Stroll-** Gather for a 15-minute moderate paced walk as a family. Reward a family member by choosing the route.