



## Can help you:

- Pay attention better
- Be less distracted
- Learn more
- Stay calm under stress
- Keep an open mind
- Avoid getting upset too easily
- Slow down instead of rush
- Listen better to others
- Be patient
- Be kind

MISSION:  
**Healthy Kids**

[missionhealthykids.org](https://missionhealthykids.org)

**Mission: Healthy Kids** raises awareness about the impact of nutrition, physical activity and a healthy mind on kids' physical development, ability to learn and emotional well-being. It promotes policy, systems, and environmental changes in Wisconsin schools that improve health, and it offers resources for students, parents and educators to help kids eat right and stay active.

A partnership of  
**KOHL'S**cares   **Children's**  
 Hospital of Wisconsin  
 Kids deserve the best.