

# Teachers:

## Are You a Role Model for Wellness?



### Complete the Checklist:

(✓) Check those that apply

- Do your students see how active you are around the school?
- Do you encourage your students to be physically active at recess?
- Do your students see you eat nutritious foods?
- Do your students see you drink milk or water instead of pop?
- Do you serve nutritious foods and beverages in your classroom?
- Do you reward your students with physically active time rather than food?
- Do you encourage your students to eat breakfast and lunch?
- Do you avoid using physical activity for discipline?
- Do you help create a healthy school environment?
- Do you incorporate nutrition and physical activity messages into the curriculum you are teaching?
- Do you eat breakfast and lunch?
- If you notice a student is hungry or comes to school without breakfast, do you refer them to the breakfast or lunch program?
- Do you provide information to parents about the importance of being positive role models for their kids regarding healthy eating and active living?
- Do you provide information to parents about safe recreation centers and after-school programs in your area?

**If you answered 'no' to any of these questions, use the CanDo School Wellness Resource Kit to give you ideas how to be a great role model for wellness!**

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**CanDo – Coalition for Activity and Nutrition to Defeat Obesity**

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