

10 REASONS TO PARTICIPATE IN



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The program starts in health & physical education, but is geared for the whole child, whole school and whole community.

Social and emotional learning is embedded in the program's standards-based lessons, activities and community-building ideas.

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SHAPE America provides teacher-friendly, student-friendly resources that are professional looking and adaptable for your classroom needs.

Program materials are complete for teachers and students in grade bands K-2, 3-5 and 6-8, including four lessons each.

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High school lessons are coming soon, which means your entire school district can participate!

You can choose the timing and theme of your school's event. Do what works best for your school!

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Up to 50% of the money your school raises comes right back to the school in the form of a Gopher gift card that does not expire.

You are supporting your state and national professional organizations, which in turn helps the profession.

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The 20 pilot schools have made sure this program is HPE teacher-tested and approved!

Set the tone of your classes with these four words: **kindness**, **mindfulness**, **empowerment** and **wellness**.

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Sign up today at healthmovesminds.org