

How Your School Benefits

The health. moves. minds.™ program is a service-learning program unlike any other, that combines educational objectives while giving back to the school and/or community.

The program allows schools to address mental health topics through physical activity in a school-wide setting, fostering stronger unity and support within a student's network of peers.

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

Standards based health and physical education lessons align with CASEL social-emotional learning standards.

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

SHAPE America provides **teacher-friendly, student-friendly** resources that have a strong focus on equity, diversity and inclusion, creating adaptable resources for your school and classroom needs.

Program materials are complete for teachers and students in grade bands K-2, 3-5 and 6-8, including four lessons each. 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 celebratory event. Do what works best for your school!

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 and can be used in a **variety of ways** to enhance school-wide wellness. Looking to make a local impact? Pay it forward and choose to donate 25% of your funds to a local charity that is meaningful to your school!

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

Sign up today at healthmovesminds.org