



## Bringing Healthy Habits to the Table

It's the season for giving thanks! This year, remind your students to give thanks for their health, happiness and other things they value! While being healthy is certainly something to be thankful for, it takes practice to achieve. Here are some tips for staying well throughout the fall:

- **Cornucopia Coaching** – We may all look forward to apple crumble or pumpkin pie in the fall, but it's important to talk to students about other healthy ways they can eat seasonal fruits and veggies. In fact, hosting a classroom potluck is an interactive – and delicious – way to teach that lesson!
- **Touchdown!** – While it's fun to watch football on TV, it's even more fun to get out on a field and play! Exercise is a vital part of staying healthy, so organizing touch-football games or taking your students for walks to admire the changing leaves each count towards that.
- **Give Thanks, Not Germs** – Giving thanks and sharing are important lessons to learn during the Thanksgiving season, but make sure your students aren't passing along their germs. Remind them to practice proper hand washing etiquette. Teach them to wash their hands for a full twenty seconds by having them sing the "Happy Birthday Song" twice from beginning to end.
- **Clean Classrooms** – As you prepare for the holiday break, make sure you're helping keep your students healthy with a clean and disinfected classroom. Properly disinfect commonly touched surfaces like desks, doorknobs and light switches with [Lysol Disinfecting Wipes](#) to kill 99.9% of viruses and bacteria.<sup>1</sup>

Visit [Lysol.com/HealthyHabits](https://www.lysol.com/HealthyHabits) for more information on the Healthy Habits Program and more tips on how to help keep kids healthy this year.

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<sup>1</sup> When used as directed.