

## **Pledge Page Instructions and Suggestions**

This is a great opportunity for you and your class to have a real call to action and unite as Heroes for Health! After the class writes down their 3 ideas that your school, community and they personally could begin doing RIGHT NOW to be a Hero for Health, have a class discussion learning about each group's ideas and choose the best solutions you come up with that could legitimately be implemented at your school, in your community and in their own life. As a group, take a pledge to be a "**Hero for Health**". On poster board or art material of your choice, title your board (with your school or class name above it)

## (The "Your School Name") "Heroes for Health" Today I Am Committing To:

Then have each of your students write a few short words that they are committing to do to be a Hero for Health and sign their name under it. Suggestions might be to "eat healthy all day", "walk after dinner with my Mom", "not judge anyone today", "encourage my best friend to play tennis with me after school", etc. Have students, teachers and administrators think of all the ways they can be a hero, to themselves, to their family, to their classmates, their neighbors, their community and the environment. Encourage students to come to class every day and read their sentence as well as a few others and be inspired by the pledges.

The bigger the board the more students and staff can participate. Why not make it a schoolwide pledge and get your principal and the other teachers to participate. Hang a big banner in the main hall and welcome everyone who passes by to participate.

Have fun, be inspired, continue to make great change happen and THANK YOU for being a Hero for Health!!!!

