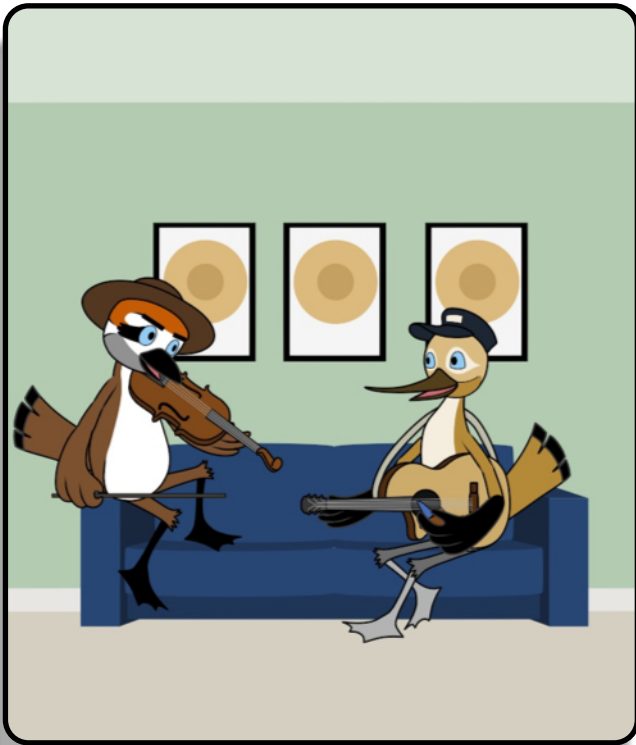


15

Cartoonversation™

Card Episode 15

Garbage In, Garbage Out



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HACKLEY COMMUNITY CARE



Five Websites

For more helpful information, please visit these websites:

1. Heart.org
2. Kidsmatter.edu
3. Draxe.com
4. Health.harvard.edu
5. Kidshealth.org



Five Cartoonversation™ Starters

1. Have you ever noticed how you feel after eating a meal of fast food? Compare that to how you feel after eating an apple or other healthy snack.

2. On average, how much time a day do you spend on your electronics for fun?

3. What happens to your body when you breathe deeply three times in a row?

4. What could you do if you are feeling anxious or stressed?

5. What are some of your favorite healthy snacks?

Five Factoids

1. A 2016 survey from Common Sense Media found that 50% of American teenagers felt addicted to their electronic devices (phone, tablet, etc.), and 78% checked their devices at least hourly.
2. Food is fuel, and what you put into your system affects how well your mind and body are able to function.
3. Forty percent of kids today report that they worry too much.
4. Approximately 4.4 million children have been diagnosed with anxiety.
5. The American Heart Association (AHA) recommends consuming no more than six teaspoons of added sugar a day for women, and no more than nine teaspoons of added sugar a day for men.

Story Card



Episode 15 *Garbage In, Garbage Out*

What we put into our bodies fuels everything we do, and it's more than just the food we eat. Koady, Jake and TC all have dreams of making it big in music, and their band (The Shorebirds) has real potential. But before they can work in concert on their dreams, they have to work individually on how they feed those dreams – from the food they eat to how they deal with distractions and disappointment.

Join the band as they get ready to hit the stage for their big premier, and as they learn how to fine tune their instruments and themselves.

Jake

Jake doesn't take life too seriously, which can be a good thing. However, he does need to take his diet seriously if he wants to succeed. Good food going into the body can help him get to where he wants to be. Greasy bags of junk food? Not so much.

Koady

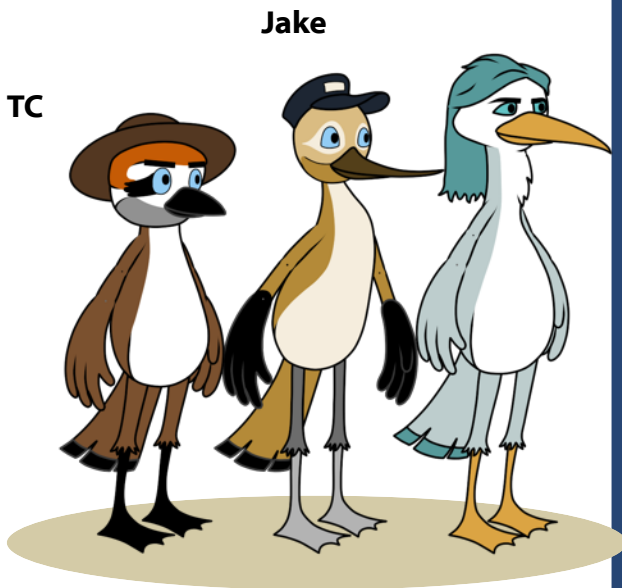
Sometimes the best way to tune in is to turn off – your phone. It would serve Koady well to spend a little less time online and a little more time in rehearsal.

TC

When your day is out of tune, what do you do? Do you take a step back, or do you let it get the better of you? How TC deals with life's little struggles will play an important part in how he seizes life's big opportunities.

Marti

Marti is the band's energetic manager, and she has her share of lessons to learn about letting the good energy in and keeping the bad energy at arm's length – or at paw's length.



Marti



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