



Buzz Body & Bites for Teens

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Buzz: Prioritizing for a Successful Back to School

The school year is coming fast, and so are the activities, events, and assignments. A key skill to starting off the year strong is prioritizing properly. Prioritizing organizes your obligations and activities by importance, due date, and other factors. The more difficult part though is putting it all together into one cohesive, planned out schedule. Taking some time to map out your next few weeks or projects can be the first step in deciding what you need to prioritize. Keeping the big picture in mind will make it easier to conceptualize your to-do list. Next, listing out what it will take to successfully complete each project on your plate, while also considering your daily responsibilities, will create visibility. Make sure you consider the deadlines of each project as well; make sure you don't wait till the last minute to take on the most difficult responsibility! Planning for the unexpected, cutting out distractions, and using organization tools can also better your productivity. Start the school year off strong, and get ahead of your priorities!

Back to School Tips:

- Focus on the big picture
- Create a list of all responsibilities
- Note deadlines
- Break down large, daunting tasks
- Schedule out your day
- Be prepared for the unexpected
- Reward yourself
- Avoid distractions
- Use organization tools
- Create a weekly routine

Body: Physical Activity and Academic Achievement

Students who are physically active tend to have better grades, school attendance, cognitive performance (e.g., memory), and classroom behaviors (e.g., on-task behavior). So, get active and move YOUR way!



Bites: Eggs and Things

Ingredients:

- 2 hard-boiled eggs

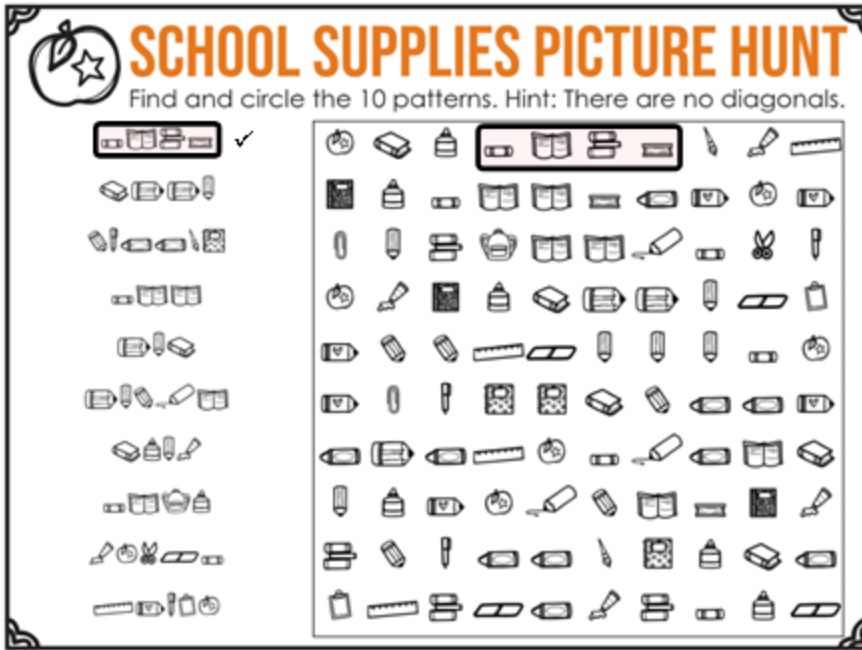
- ¼ cup unsalted pretzels
- ½ cup grapes
- ¼ cup hummus
- 10 baby carrots

Directions:

- Pack into divided containers. Dip the unsalted pretzels and/or baby carrots into the hummus. Enjoy!

Find more recipes at eatsmartmovemoreva.org.

Exercise Your Mind: School Supplies Picture Hunt



Resources

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Virginia Family Nutrition Program

eatsmartmovemoreva.org

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