

Take action to impact health.



CRITICAL THINKING



ACTION PLANNING



REFLECTION

AN INITIATIVE OF



MADE POSSIBLE BY



A special thank you to Walgreens for their dedication to making communities healthier and happier.

Walgreens and WE believe that choice by choice, action by action, we have the power to change the world. As the largest drug-retailing chain in the U.S., Walgreens champions everyone's right to be happy and healthy. They have teamed up with WE Schools to inspire you to champion happiness and health for yourself and your community.

Health + Movement = CHANGE

Good health is important to your quality of life, and through your individual health habits, you have the power to give health back to your community. Preventative health measures such as life-saving vitamins, immunizations and checkups could help save millions of people each year.

Organize a healthy-living event with your group to raise awareness and take positive action. Through WE Give Health, every move you make has the power to create impact and give health locally.

FACT: Since 2000, measles vaccines have prevented more than 15 million deaths.





Organize a dance-a-thon to raise funds for local health.



Campaign in Action

The students at Tottenham Public School held their seventh annual Dance for Heart on February 14th to raise awareness about heart health. From daily morning announcements leading up to the event to collecting donations, the students showed that they were dedicated to their cause. On the day of the dance, they made sure everyone was dancing and having fun, and raised over \$800. Thanks to their enthusiasm, they had the most impressive student involvement turn out this year.

At School

- Use your health habits to give health locally through our healthy living challenges. Visit WE.org/wegivehealth to join the movement of schools taking action.
- Host a sports tournament and collect donations from each team that participates.



At Home

- As a family, learn about health issues impacting local communities.
- Host a bike-a-thon to fundraise for local health care.



As a Community

- Host a community jump rope event and collect donations from participants.
- Organize a walk-a-thon to fundraise for local health care.



Classroom Resource

Creating Healthy Communities: Promoting healthy living locally and globally.

Grade	Subject Connection	Learning Goals	Skills Developed
1 to 8	• Health and Physical Education	<ul style="list-style-type: none"> Understand how health issues affect people locally. Explore the physical and mental health benefits of an active lifestyle. 	<ul style="list-style-type: none"> Action planning Research and writing Argument formation Organization Reflection Information literacy Critical thinking Leadership skills
9 to 12			

Tech for Good Badge

Use a technological tool to create a daily log for the activities you are doing—drinking water, walking, biking, what you eat—to improve your health. Be sure to share your experience using **#WEgiveHealth**.

Go further: Invite your friends and family members to share their own health goals and tips to lead healthier lives.

Checklist

- Investigate and learn with the Health Issue Card
- Visit WE.org/wegivehealth for more resources
- Create an Action Plan
- Put up campaign posters
- Watch and share the campaign video
- Print out and distribute the Creative Resource
- Share on social media with **#WEgiveHealth**
- Complete your Campaign Impact Survey
- Plan your WE DayX

