JOHNNY APPLESEED
RED APPLE CHALLENGE

Celebrate healthy choices, mindful eating, and growing healthy habits!

The Activity

Invite students to wear red and bring or receive a red apple for a schoolwide healthy snack.

1 **MOVE NATURALLY**
Walk in place or reach up high like an apple tree for one minute.

2 **DOWNSHIFT**
Take three slow breaths. Notice the apple's color, smell, and texture.

3 **EAT WISELY**
Take a crunchy bite and slowly enjoy the apple together.

4 **GROW A HEALTHY HABIT**
Write one healthy habit on a red paper apple and add it to the class tree.

WHAT YOU'LL NEED

- Red apples
- Red paper apple cutouts
- Markers or crayons
- A class or school tree display

BLUE ZONES CONNECTIONS

- Move Naturally
- Downshift
- Eat Wisely
- Belong and connect

Small choices grow into healthy habits!

A simple Johnny Appleseed Day wellness activity for elementary schools