

Region	Grade Band	What type of things do you do to stay well?
Central Peninsula	Grades 3-5	Run, Exercise, Play, and stretch.
Central Peninsula	Grades 6-12	play with my dog, play with my friends, if im down i will tell someone that i need a hug or cheering up
Central Peninsula	Grades 6-12	XC running and Skiing
Central Peninsula	Grades 3-5	Well school just gives me stress but my friends help me with that, but this is how I think I could stay well. Theres a bunch of kids who are really rude and I know that their just words but they effect me a lot and that makes me feel like I cant be myself, and then we have the teachers. Our teachers don't really understand how to solve problems and their very strict sometimes and give dumb reasons. Some stuff is reasonable though. Like hopping the fence? Why would you do that? Also they barley give you time to do stuff and its stressful they just don't make sense. They would most likely scream and just yell at you and that DOESNT HELP. And they favorite all the smart and prefect kids and its very annoying, and the kids here made me less confidence about myself and I'm sick of it. They always choose the kid who started it and then YOU get in trouble. kindergarden to 2nd grade was fine, 3rd grade was okay but 4th-5th grade is stressful. The teachers always check on the other person who is FINE but another person could be CRYING RIGHT IN THEIR FACE and they wouldn't notice.
Central Peninsula	Grades 6-12	Try to sleep, maybe drink water. Not going to school
Outlying Schools	Grades 6-12	Sleep , and giving snack to my friends , or my cousin for respect and kind. For my school.
Central Peninsula	Grades 3-5	?
Central Peninsula	Grades 6-12	have good motivation and have good goals
Southern Peninsula	Grades 6-12	Daily exercise, drink water, eat healthy.
Central Peninsula	Grades 6-12	I play sports
Central Peninsula	Grades 3-5	read and help people when they need it. I eat healthy.
Central Peninsula	Grades 3-5	i exercise and eat healthy foods
Central Peninsula	Grades 6-12	I exercise daily, I also try to eat healthy
Southern Peninsula	Grades 6-12	hike run drink water
Central Peninsula	Grades 6-12	breath and eat and drink and stay in contact with people
Central Peninsula	Grades 3-5	What I do is I get exsize and i eat great food and ya
Southern Peninsula	Grades 6-12	I get a good amount of sleep every night and make an attempt to do something nice for a stranger every day.
Central Peninsula	Grades 3-5	I go to the rec
Southern Peninsula	Grades 6-12	vitamins
Central Peninsula	Grades 3-5	I eat heathy.
Central Peninsula	Grades 3-5	L drink water and eat...FOOD!! play with my toys,and watch my favorite shows.
Southern Peninsula	Grades 6-12	sports
Southern Peninsula	Grades 6-12	stuff
Central Peninsula	Grades 6-12	I like to wake up in the morning at take a jog and I also workout every day to make sure I'm healthy and strong i try to eat healthy but i do eat healthy just a weird healthy like eating a meal then having a lot of snacks
Southern Peninsula	Grades 6-12	Eat healthily, exercise, don't get stressed out, avoid bad habits, etc.
Central Peninsula	Grades 6-12	sleep
Central Peninsula	Grades 6-12	watch tv, draw and spend time with my pets
Central Peninsula	Grades 6-12	I like to clear my head by making art, going on walks, and preparing food.
Central Peninsula	Grades 6-12	(Mentally): I block everyone out (Physically): I drink a glass of water or catch fresh air
Central Peninsula	Grades 3-5	sports, card games, and daily walks
Central Peninsula	Grades 3-5	talk with my frends talk with my dad
Central Peninsula	Grades 3-5	I usually stretch, calm down when stressed out, running, and sometimes taking deep breaths when nervous.
Central Peninsula	Grades 3-5	run eat pray
Central Peninsula	Grades 6-12	Nothing
Southern Peninsula	Grades 3-5	Play at Novi's house Eat healthy food Get wood for fire
Central Peninsula	Grades 3-5	Sometimes i do gymnastics 3-7 times a week .Also i run with my puppy 4-5 times in a day I try to eat healthy some of the time mostly because i get pickd on about my weight .# hope you get to read it From Kaydence Kline To anybody

		journal my feelings?? sports
Central Peninsula	Grades 6-12	listen to music
Southern Peninsula	Grades 3-5	to stay well i wash my hands , eat healthy food, and cover my moth when I sneez.
Central Peninsula	Grades 6-12	Play video games and go outside.
Central Peninsula	Grades 6-12	Gym.
Central Peninsula	Grades 6-12	play sports, sleep
Central Peninsula	Grades 6-12	Shower, eat healthy food, ect.
Central Peninsula	Grades 6-12	Snowmachine
Central Peninsula	Grades 3-5	eat helthy food's get unuf sleep
Southern Peninsula	Grades 6-12	eat healthy and take long walks
Central Peninsula	Grades 6-12	I don't really know. I just do what I can.
Southern Peninsula	Grades 6-12	Wear a coat when cold,sleep well,eat healthy.
Southern Peninsula	Grades 6-12	drink lots of water and get a good amount of sleep
Central Peninsula	Grades 6-12	work out and play sports
Southern Peninsula	Grades 6-12	art,and reading
Central Peninsula	Grades 3-5	wash before I eat, don't touch a lot of stuff in the store,
Southern Peninsula	Grades 6-12	Wash hands, take showers, eat healthy, push ups, get 9-10 hours of sleep.
Central Peninsula	Grades 3-5	run' jump learn have fun.
Central Peninsula	Grades 3-5	go outside,read,play roblox,do tic tok
Outlying Schools	Grades 6-12	i eat a lot of healthy stuff and play nyo games and train for the games and exercise mostly everyday
Southern Peninsula	Grades 6-12	sleep, eat, volleyball
Central Peninsula	Grades 6-12	Sports to stay active, electives to keep my brain going and school not be as boring.
Southern Peninsula	Grades 6-12	i dont know any things i do
Southern Peninsula	Grades 3-5	eat healthy do a lot of exersize
Central Peninsula	Grades 6-12	math and ride my bike
Southern Peninsula	Grades 6-12	I go to cheer practice and I sometimes go on walks with my dogs.
Eastern Peninsula	Grades 3-5	be prepared for different classes. have a pen for a fidget. always on track for different subjects.
Central Peninsula	Grades 6-12	Eat and drink water through out the day and stretch out in the morning and end of day and work out for 2 hours and 30 minutes or 2 hours and have some kind of protien after working out and sleep well.
Central Peninsula	Grades 3-5	play outside
Central Peninsula	Grades 6-12	Eat healthy, do sports, and stay social
Central Peninsula	Grades 3-5	take vidimens every day
Central Peninsula	Grades 3-5	I do my work and try to pay attention as much as I can during class. I also talk to my peers/tablemates because I like talking and I don't wanna feel lonely at school. I also do what makes me feel happy during recess.
Outlying Schools	Grades 3-5	Things I do to stay well are, get plenty of rest at night. I eat healthy foods. I focus on getting exersize during the day. I also keep my mental health good like I maditate, I give myself me time when needed , I also take breaks if needed.
Central Peninsula	Grades 3-5	Try to eat my vegetables as much as I can, I try to explain my feelings,
Central Peninsula	Grades 6-12	i guess i run with my dog and eat healthy and to stay well i try to stay calm
Southern Peninsula	Grades 6-12	I stay active and eat healthy choices as well as drinking enough water
Central Peninsula	Grades 6-12	P.E. and math.
Central Peninsula	Grades 3-5	Run around at resess
Central Peninsula	Grades 6-12	idk
Central Peninsula	Grades 6-12	Take how showers and trust my friends.
Southern Peninsula	Grades 6-12	Run, do sports
Eastern Peninsula	Grades 3-5	well,mckinley,names,anyway
Central Peninsula	Grades 3-5	eat drink water sports. play out side a lot don't drink puddles off the side walk eat ramen grilldchees and salad. and eat good meal of corn
Central Peninsula	Grades 6-12	sports
Southern Peninsula	Grades 6-12	exercise, eat and sleep
Central Peninsula	Grades 6-12	idk
Central Peninsula	Grades 3-5	not eat gunk food.
Southern Peninsula	Grades 6-12	stare off

		Play Sports Make bad decisions to ignore life
Central Peninsula	Grades 6-12	Eat kinda healthy
Central Peninsula	Grades 6-12	I love to workout and drink protein drinks, i do push-ups, sit-ups, planks and pull-ups. I try to limit my calories but not to much.
Central Peninsula	Grades 3-5	eat drink do math sleep
Central Peninsula	Grades 6-12	I stay well by eating healthy, going outside, not being in front of a screen all day. If i have an issue I talk about my feelings to somebody, and I take care of my problems. :)
Central Peninsula	Grades 3-5	I choose to keep to myself and go away from the problem, most likely to get someone supportive. My reasoning is because I know that people I'm not close friends with will not be the most helpful, so I choose to go to someone that I'm close to. I guess I'm lucky that I became friends with basically the whole staff.
Southern Peninsula	Grades 6-12	I try to get a good amount of sleep, and remember to hydrate.
Southern Peninsula	Grades 3-5	I'm good at fixing gas-powered R/C boats
Southern Peninsula	Grades 3-5	math, piano being active, life.
Southern Peninsula	Grades 6-12	sleep
Southern Peninsula	Grades 6-12	zaza
Outlying Schools	Grades 6-12	go skiing and walking
Central Peninsula	Grades 6-12	i eat healthy i exercise and i cry
Central Peninsula	Grades 6-12	Sports and afterschool activities, I try to get out on the weekends. Eating well, and staying active.
Central Peninsula	Grades 6-12	I do some free drawing and writing to keep my mental health in check.
Central Peninsula	Grades 6-12	i try to make good food and take vitamins and when im sick stay home
Southern Peninsula	Grades 6-12	throttle but i don't have that in homer
Central Peninsula	Grades 6-12	A few things I do to stay well is being active for both my mind and body, drinking lots of water, and making sure I can balance out my eating habits. As well as getting lots of rest. I spend lots of time outside to make sure I stay healthy.
Central Peninsula	Grades 6-12	Go on walks, go to the gym, go swimming, drink water, hang out with friends, go outside a lot in the summer and go on hikes/camping
Southern Peninsula	Grades 6-12	go out for sports every quarter and compete
Central Peninsula	Grades 6-12	Drink Water
Central Peninsula	Grades 6-12	The things I do to stay well are eat healthy, and exercise such as play with my dog outside or do other activities. I also do different sports such as Volleyball, Softball and more.
Central Peninsula	Grades 3-5	eat good food. play games, hunting, and fishing.
Central Peninsula	Grades 3-5	i swing a lot and eat a lot
Central Peninsula	Grades 6-12	Spend time with family and friends. This survey was better then the one last year.
Central Peninsula	Grades 6-12	Workout play my piano eat healthy do all my chores going on walks/runs doing good in school and that's most of the stuff.
Central Peninsula	Grades 3-5	i listen to my parents about what to eat what type of medicine to take when im sick and ill rest when i need to and listen to mt teachers on what to do when i hurt myself at school (wich doesn't happen often)
Central Peninsula	Grades 6-12	i bike and run in the summer. i go to the rec center during the winter
Central Peninsula	Grades 6-12	I go for walks frequently (1-2 times a day for 2 hours each walk) and during school I do the rainbow anxiety method often.
Central Peninsula	Grades 6-12	nothing really
Central Peninsula	Grades 6-12	Plants
Eastern Peninsula	Grades 6-12	I stay well
Southern Peninsula	Grades 6-12	not go to school
Southern Peninsula	Grades 3-5	I swim for 1 hours and 45 minutes 3 days a week, i eat lots of fruits and vegetables and i run around on the playground pretty much every recess.
Central Peninsula	Grades 3-5	I sometimes once a day read and then I just walk around at recess
Central Peninsula	Grades 6-12	Nothing.
Central Peninsula	Grades 6-12	nothing, I simply live unwell.
Central Peninsula	Grades 6-12	get good sleep do my hobbies to keep me active and happy
Central Peninsula	Grades 6-12	drink and eat
Southern Peninsula	Grades 6-12	I eat carrots, I do PE with kreking
Central Peninsula	Grades 6-12	tae kwon do
Southern Peninsula	Grades 6-12	I do LARPing at my local amtgard park and I shovel snow sometimes.
Outlying Schools	Grades 6-12	I play games on my off time, and I like to ski on my off time. I eat healthily and try to exercise regularly.
Central Peninsula	Grades 6-12	I drink water to stay hydrated, take a breath when stressed, and talk to my mentor when I'm down
Southern Peninsula	Grades 6-12	friends
Southern Peninsula	Grades 3-5	Drink water Exercise Breath

Central Peninsula	Grades 6-12	I wash my hands a lot.
Southern Peninsula	Grades 6-12	I eat healthy foods and choose veggies over sweets(most of the time). I brush my teeth and take showers regularly. I go to bed at a reasonable time and wake up around the same time everyday!!!
Southern Peninsula	Grades 3-5	i eat healthy i do sports
Central Peninsula	Grades 6-12	Typically walk my dog and eat fairly healthy?
Central Peninsula	Grades 6-12	exersize, eat healthy food, sleep, go to school, try hard, tak
Central Peninsula	Grades 6-12	i dont get to do stuff to get me well
Southern Peninsula	Grades 6-12	Drink Water, get more than 8 hours of sleep, Go on walks and runs, eat healthy food
Central Peninsula	Grades 3-5	I personally love to run around at recess with my friends and I work hard in gym. I have been doing sit-ups with my friends to see who can do the most sit-ups in 5 minutes. I have been trying to eat more healthy, and going on walks with my grandmother. I started doing yoga and I have been drinking more water. I have tried to drink 1 gallon of water a day. sincerely, Sophia jane marcorelle
Central Peninsula	Grades 6-12	i sleep when i get home i eat and do homework.
Southern Peninsula	Grades 6-12	I brush my teeth very well, i eat fairly good and i shower so i dont stink. i also make sure i have enough sleep so i can function in the day also i do good things.
Central Peninsula	Grades 6-12	I workout frequently, additionally I eat well at home. I like to stay active when I can and I'm unable to be active at school
Central Peninsula	Grades 6-12	Listen to music and write in a journal.
Central Peninsula	Grades 6-12	Math, Reading, Typing, Singing
Central Peninsula	Grades 3-5	hockey
Central Peninsula	Grades 6-12	exercise, eat breakfast, stays away from drug use or drug addiction. goes to sleep early to get it least 9-10 hours of sleep.
Southern Peninsula	Grades 6-12	I eat, sleep, workout, and play sports.
Central Peninsula	Grades 3-5	workout move around outside
Central Peninsula	Grades 3-5	eat
Southern Peninsula	Grades 6-12	play sports go outside(snowmachine,sled) drink water
Central Peninsula	Grades 3-5	eat healthy drink water exercise sleep well read
Central Peninsula	Grades 3-5	I eat a veggie with dinner most of the time.I get some fresh air from time to time.I do activities with my family & friends sometimes.
Central Peninsula	Grades 6-12	i dunno
Southern Peninsula	Grades 6-12	focus on my mental health, focus on things that make me happy like drawing or running
Central Peninsula	Grades 3-5	food water
Central Peninsula	Grades 6-12	I sleep and read.
Southern Peninsula	Grades 6-12	sleep
Central Peninsula	Grades 3-5	When I get of the bus I go jog around before gowing home, I eat helthy stuff alot like salids, apples ,bananas and pairs.I like to jog around at reases, and somtims with my frinds.
Central Peninsula	Grades 6-12	art. leave me alone
Central Peninsula	Grades 6-12	:-)
Central Peninsula	Grades 6-12	I stay active and do many sports and eat properly.
Central Peninsula	Grades 6-12	I am really active I eat well and I play sports
Southern Peninsula	Grades 6-12	Get good sleep
Outlying Schools	Grades 6-12	read, sleep, watch youtube, chess, video games...
Central Peninsula	Grades 6-12	Haha funny to assume I do things to stay well, clod!
Central Peninsula	Grades 6-12	APEX LEGANDS
Central Peninsula	Grades 3-5	eat healthy don't eat junk food
Central Peninsula	Grades 6-12	Have good friends and have a good time.
Central Peninsula	Grades 6-12	I go to therapy, run, eat well
Central Peninsula	Grades 3-5	eat heathey i do sports
Southern Peninsula	Grades 6-12	I eat healthy foods, get a good amount of sleep, have fun and interact with my friends, exersize, try to accomplish my goals in side and out of school
Central Peninsula	Grades 6-12	Just enjoy my day at home
Central Peninsula	Grades 6-12	pe math not la
Central Peninsula	Grades 3-5	eat healthy, sleep well and on time,lots of act in breaks and more
Southern Peninsula	Grades 3-5	I try my hardest in all of the mental and physical education.
Central Peninsula	Grades 3-5	communicating respect disiplin lunch recuss
Central Peninsula	Grades 6-12	ldk man
Central Peninsula	Grades 3-5	eat
Central Peninsula	Grades 3-5	play outside and jumping on my trampoline and playing with my dog
Central Peninsula	Grades 3-5	I don't know.
Eastern Peninsula	Grades 3-5	no coment

Southern Peninsula	Grades 6-12	idk
Central Peninsula	Grades 6-12	exercise and hang out with friends
Central Peninsula	Grades 6-12	I don't know.
Central Peninsula	Grades 3-5	1.Stay out of truble. 2.play with peple that I trust. 3.be good ,kind,respectful
Central Peninsula	Grades 3-5	try balances my food choises
Eastern Peninsula	Grades 3-5	I play with my friends
Central Peninsula	Grades 3-5	I drink lots of water. I eat lots of vegetables. I exercise from swimming.
Central Peninsula	Grades 3-5	play sports and eat healthy
Southern Peninsula	Grades 6-12	eating salads and smoothies
Southern Peninsula	Grades 6-12	Nothing
Central Peninsula	Grades 6-12	Drink water and talk to my friends.
Eastern Peninsula	Grades 3-5	I play outside. I sleep. I socialize. I read. I learn.
Central Peninsula	Grades 3-5	go home
Central Peninsula	Grades 6-12	i do alot of sports.
Central Peninsula	Grades 6-12	sleep,eat,walk,listen to music, text friends
Central Peninsula	Grades 6-12	exersise,eat healthy,and sleep well
Outlying Schools	Grades 6-12	have gym class and eat healthy
Southern Peninsula	Grades 6-12	exercise
Central Peninsula	Grades 6-12	i usually won't do anything ill eat sometimes and maybe have a drink other than that I'm just sitting doing nothing
Central Peninsula	Grades 6-12	eat healthy food and sleep well.
Central Peninsula	Grades 3-5	take medicine when I don't feel good and I also tell my parents and to stay happy I spend time withe my parents and play with them
Central Peninsula	Grades 3-5	I exercise and eat heathy
Central Peninsula	Grades 6-12	listen to my parents and be kind
Central Peninsula	Grades 3-5	Math, reading, working by my self, being kind, writing
Central Peninsula	Grades 3-5	To stay well I, stay active, eat normally, and work hard to finish school work on time.
Central Peninsula	Grades 6-12	shower daily and go to the gym daily.
Central Peninsula	Grades 6-12	I eat healthier foods, try to drink enough water and get enough sleep. I keep myself in sports.
Southern Peninsula	Grades 3-5	forenite
Central Peninsula	Grades 6-12	I have a bedtime reminder to tell me when to get ready for bed every night. And I make sure that I have breakfast every morning before school. I also surround myself with good kind people, which makes me feel better. And I also keep God, and Jesus Christ with me always, and strive to be a good person. I keep up with my hygiene, and I allow myself to do things that I would be scared to do.
Central Peninsula	Grades 6-12	
Central Peninsula	Grades 6-12	I eat healthy, train 6 days/week, and invest in myself.
Central Peninsula	Grades 6-12	eat salad,drink water,exercise,sleep for 4 hours
Southern Peninsula	Grades 6-12	umm be healthy
Central Peninsula	Grades 3-5	.make new friends .work hard .listen as much as i can .try to think happy thoughts
Eastern Peninsula	Grades 3-5	Bild
Central Peninsula	Grades 3-5	take medicine, use germex,
Central Peninsula	Grades 6-12	listen to music
Southern Peninsula	Grades 3-5	play with my dog read make art watch tv
Central Peninsula	Grades 6-12	get out of the school and avoid my principal
Southern Peninsula	Grades 6-12	I eat healthy and try to drink a lot of water while getting physical activity as well.
Central Peninsula	Grades 6-12	I have no idea
Central Peninsula	Grades 6-12	- Think that everything I need to do has a reason for mandatory submission, such as typing an essay to excel in writing. - Continue progressing even when many obstacles try to disrupt me. - Remember all my assignments.
Southern Peninsula	Grades 6-12	vitamins
Central Peninsula	Grades 6-12	i try to focus more on the more important things in my classes

Central Peninsula	Grades 6-12	I try my best to get enough sleep and try to not stress over stuff.
Southern Peninsula	Grades 3-5	HAVE FUN!!!!
Central Peninsula	Grades 6-12	eat lots of food
Central Peninsula	Grades 3-5	think of my future, my dog and my toy dragon
Southern Peninsula	Grades 6-12	I wash my hands with soap and water for 20 sec.
Central Peninsula	Grades 6-12	I love doing sports. My soccer, volleyball, and basketball team won boroughs. I also love playing with my dog(Cosmo, 2 years old), and we love going on walks.
Central Peninsula	Grades 3-5	i usually do exercises every day i can do them also i am a very skinny kid and i am very healthy and have no medical issues at all. I do not get mad at little things. I have good friends that help me keep my temper in and i am very smart. I have one sister but she is kind and she help's me at home. I have a very supportive mom, and dad, and a very good principle. i do work out every other day at school i have P.E. on monday, and wednesday. i have a dog that is my suport dog and i have two others also we foster kittens, so we always have some sort of animal in our house. i have a very good teacher and hope i have her next year when i'm in forth grade i hop to do this agin next year hope to type to you agin also i have a good princible and i hope to see him agin one day after i go off to middle school. i hope to type and i am a athleat i run three miles easly and i hope you can become more akteve. i eat brockly every other day. i eat my proteen. i eat plent of stofe.
Central Peninsula	Grades 3-5	I do sports I get good sleep and I not often eat healthy because we don't have much healthy things i eat at home and play with my dogs and play outside with my family
Central Peninsula	Grades 6-12	draw, stay positive, and help out
Central Peninsula	Grades 6-12	wash hands eat healthy sleep exercise
Central Peninsula	Grades 3-5	I go outside to get fresh air.
Central Peninsula	Grades 6-12	sleep
Central Peninsula	Grades 6-12	Physical: Eat heathy.
Central Peninsula	Grades 6-12	Mental: Socialize, Read, Sleep.
Central Peninsula	Grades 6-12	sports
Outlying Schools	Grades 6-12	i dont know
Central Peninsula	Grades 6-12	Listen to music Play animal crossing Drink water Watch YouTube
Central Peninsula	Grades 3-5	try to stay away people that are sick. and eat well and take care of your self.
Central Peninsula	Grades 3-5	just kind of play video games and sit around
Central Peninsula	Grades 6-12	When I am struggling mentally, I listen to music or just try to have some quite time to calm myself down. When I can't go somewhere to calm myself, I try to get my mind off of the subject by drawing or by talking about different things that make me happy.
Central Peninsula	Grades 6-12	Tons of different hobbies.
Southern Peninsula	Grades 6-12	Eat vitamins and healthy food, stay away from an overload of junk food. I always keep my activness up and am always sweating and keeping my fitness in check.
Central Peninsula	Grades 6-12	Track, Dance, Hockey,
Central Peninsula	Grades 3-5	run eat drink water
Southern Peninsula	Grades 6-12	I'm not sure
Central Peninsula	Grades 3-5	i eat healthy
Southern Peninsula	Grades 6-12	Take breaks, don't overwork myself
Central Peninsula	Grades 6-12	just be well
Central Peninsula	Grades 6-12	work hard and dont give up
Central Peninsula	Grades 6-12	Talk to mrs emily
Southern Peninsula	Grades 6-12	take breaks from working and I stay active throughout the day
Central Peninsula	Grades 6-12	play hockey
Central Peninsula	Grades 6-12	swim, gym, school sports
Central Peninsula	Grades 3-5	lision to muic or think of my favrit things
Central Peninsula	Grades 6-12	i don't know
Central Peninsula	Grades 6-12	??I spend time by myself when I'm exhausted from social interaction. I am not really sure what this question is asking.

Central Peninsula	Grades 3-5	play video gaams
Central Peninsula	Grades 3-5	sleep eat heathy
Central Peninsula	Grades 6-12	I do sports and eat healthy.
Central Peninsula	Grades 6-12	eat chicken
Central Peninsula	Grades 3-5	eat healthy, exercise/walk run,play outdoors games,
Eastern Peninsula	Grades 3-5	fruit,toys,laying out side
Central Peninsula	Grades 3-5	Sports, talk with friends, make up games, think about things that make me happy, read, watch TV.
Eastern Peninsula	Grades 3-5	luaghing playing
Central Peninsula	Grades 3-5	Really what you would do to stay fed and well. sometimes I write.
Central Peninsula	Grades 6-12	I do the things that I like, like hobbies
Central Peninsula	Grades 6-12	What i do to stay well is walking and taking breaks.
Central Peninsula	Grades 3-5	eat helthy
Central Peninsula	Grades 3-5	I eat apples
Central Peninsula	Grades 6-12	i honestly dont know most times without my friends im just numb to the world it was worst when i was younger but i think what i do to keep well is to take a break and just breathe and forget every thing else
Central Peninsula	Grades 6-12	for that moment in time
Central Peninsula	Grades 3-5	Hockey, playing outside, band, piano, skiing
Southern Peninsula	Grades 6-12	To stay "well" I eat, sleep, and exerzise.
Southern Peninsula	Grades 6-12	Playing basketball Riding horses Writing poems Baking/cooking
Southern Peninsula	Grades 6-12	Help solve problems even if it is a different way from mine
Central Peninsula	Grades 6-12	keep a clean house, shovel, shower, eat
Southern Peninsula	Grades 6-12	Drink lots of water. Stay active. Do what makes me happy.
Southern Peninsula	Grades 6-12	ride a bike, read, watch interactive survival shows, play.
Central Peninsula	Grades 3-5	nyo run for my brother
Central Peninsula	Grades 6-12	workout and do sports
Central Peninsula	Grades 6-12	rest and drink lots of water.
Southern Peninsula	Grades 6-12	I workout, I participate in extracurricular sports, I try my hardest in P.E, I choose to eat health, I drink lot's of water, and I try my best in school but not to the point where I am mentally stressed.
Southern Peninsula	Grades 3-5	go outside and eat healthy food
Central Peninsula	Grades 6-12	run,sing,dance,play and study
Central Peninsula	Grades 6-12	hydrate, having healthy foods.
Central Peninsula	Grades 6-12	Nothing
Central Peninsula	Grades 3-5	swim in niksiy pool
Central Peninsula	Grades 6-12	I play volleyball and eat three meals a day.
Southern Peninsula	Grades 6-12	Excercise
Central Peninsula	Grades 3-5	I have an after school sport. make goals.
Central Peninsula	Grades 3-5	saying I can do this . or I bring some thing good LIKE juice.
Central Peninsula	Grades 3-5	I do baking with my mom for fun and wen i am sad.
Central Peninsula	Grades 6-12	idk
Central Peninsula	Grades 6-12	I eat food and get good sleep along with a bit of exercise to stay well.
Central Peninsula	Grades 6-12	wash my hands evey now and again
Central Peninsula	Grades 6-12	EAT, SLEEP, ROBLOX REPEAT.
Central Peninsula	Grades 6-12	Life.
Central Peninsula	Grades 3-5	be kind to others, drink water ,eat my vegetables
Central Peninsula	Grades 6-12	idk
Central Peninsula	Grades 3-5	I like to eat heathy i like to do enerjetic things like get out side walk my dogs and more.
Southern Peninsula	Grades 6-12	do something to take my mind off things
Central Peninsula	Grades 6-12	I go to the gym
Central Peninsula	Grades 6-12	I play many types of video games and I enjoy the sport of airsoft
Central Peninsula	Grades 6-12	Do things that I like.
Central Peninsula	Grades 6-12	sports,somewhat eat healthy,stay active

Central Peninsula	Grades 3-5	do not be rude, be nice, don't say rude things, say nice things, try to think smarter not harder.
Central Peninsula	Grades 6-12	I play basketball and other sports that I like, I also hang out with friends and play video games.
Central Peninsula	Grades 6-12	exist
Central Peninsula	Grades 6-12	Not listen to people I don't like. Eat healthily. Stay active. Stress myself out by overworking.
Central Peninsula	Grades 6-12	Go outside to ski or bike, listen to music, work on hobbies and personal interests
Southern Peninsula	Grades 6-12	I paint and occasionally get good sleep.
Southern Peninsula	Grades 6-12	Getting outside, moving during the day- but can't do that during the school day. Eating healthy, journaling, having fun, and working on projects that are meaningful + interesting to me. Staying connected and managing stress. Taking good care of myself, others, and the environment.
Central Peninsula	Grades 3-5	go outside
Central Peninsula	Grades 6-12	sleep
Central Peninsula	Grades 3-5	Some types to stay well eat, nap, play with friends jump, run, these are so ideas.
Central Peninsula	Grades 6-12	Exercise, eat healthy
Central Peninsula	Grades 3-5	eat healthy draw and sing
Central Peninsula	Grades 6-12	Weight lifting and eating healthy
Eastern Peninsula	Grades 3-5	I exercise and read and eat healthy foods, to stay fit.
Central Peninsula	Grades 6-12	don't eat after 8:00, get exercise, do chores like feed my dog and walk our new puppy etc. eat salads
Southern Peninsula	Grades 6-12	Give myself breaks often, try my best, be cautious, and be kind and a peace maker to others.
Central Peninsula	Grades 3-5	learn, try to stay quiet
Central Peninsula	Grades 6-12	Play a calm and peaceful game or board game
Central Peninsula	Grades 6-12	Make sure my work is done and that my grades don't drop too low, I get frequent exercise both in and outside of school.
Central Peninsula	Grades 6-12	If you mean grades the ones I shoot for is the assignments that has a grade point 15 through 50 points and then work on the 1 through 10 points
Outlying Schools	Grades 3-5	go outside for an average of two hours a day
Central Peninsula	Grades 3-5	Things that I do to stay well are to eat healthy meals that my mom makes even if I don't like them most of the time. Another thing I do to stay well is I go to sleep at 8:00 or sometimes 9:00 and that means I at least get around 10 or 11 hours of sleep if I wake up at 7:00 or 8:00. I also drink a lot like a lot of water and sometimes milk but I don't like drinking it by itself so I drink cold water or sometime gatorad and soda but mostly water.
Southern Peninsula	Grades 6-12	try to stay in school sports
Southern Peninsula	Grades 3-5	Math and science
Central Peninsula	Grades 6-12	I often exercise during the week. I exercise by doing push ups, sit ups, and lifting 10 pound weights. I have also ice skated almost every day in March.
Central Peninsula	Grades 6-12	exercise, eat healthy, have family time
Central Peninsula	Grades 6-12	sleep, draw, youtube
Central Peninsula	Grades 3-5	I do gymnastics, I eat healthy foods, I don't wipe my face on stuff, and I stay active.
Central Peninsula	Grades 6-12	Read, talk with friends, crochet
Central Peninsula	Grades 6-12	I hang out and talk to my friends to have a good mental health
Central Peninsula	Grades 6-12	ride sleds
Central Peninsula	Grades 6-12	I eat very healthy, take phone breaks, exercise, study, and have fun!
Central Peninsula	Grades 6-12	I do school sports and other sports outside of school
Eastern Peninsula	Grades 6-12	I try to be nice even if others are rude or inappropriate. However something that bothers many people in my class is group punishment. A few people in our class are bad and suddenly one of us is all of us? What reason is there for those bad kids to be good if the good kids are treated the same way?
Outlying Schools	Grades 3-5	I like to eat fruit and veggies, drink milk, and water. I play outside, and go to open gym.
Central Peninsula	Grades 3-5	exercising eating healthy
Central Peninsula	Grades 3-5	cheer, draw, figure
Central Peninsula	Grades 6-12	socialize
Central Peninsula	Grades 6-12	Read a book, draw, get the sleep I need.
Southern Peninsula	Grades 6-12	Try and think of the good things.
Southern Peninsula	Grades 3-5	Drink water. to stay well. Eat good food learn well Exercise actively play
Southern Peninsula	Grades 6-12	I go for a drive
Central Peninsula	Grades 3-5	I'm good at math, writing, reading, and working hard.
Southern Peninsula	Grades 6-12	Using my anxiety fidgets, so I don't have an anxiety attack. Sleep.

Outlying Schools	Grades 6-12	I move, I eat healthy, I take breaks between classes, I stretch, and I try to get adequate sleep.
Southern Peninsula	Grades 3-5	do lots of sports
Southern Peninsula	Grades 6-12	crack
Central Peninsula	Grades 3-5	I eat a lot fruit and veges.I also exercise
Central Peninsula	Grades 3-5	play things with other people and sleep as much as possible
Central Peninsula	Grades 6-12	Sleep and Draw. I play minecraft too I guess.
Central Peninsula	Grades 3-5	i exercise a lot to stay well
Central Peninsula	Grades 3-5	play sports and wash hands eat healthy food playing out side tacking walks with my dogs zippy and champ
Southern Peninsula	Grades 6-12	sometimes I go to the weight room during enrichment. P.E
Central Peninsula	Grades 3-5	sleep,take medicen
Central Peninsula	Grades 6-12	Exercise and watching what I eat.
Southern Peninsula	Grades 6-12	Drink water, sleep well at night, and do a sport.
Southern Peninsula	Grades 3-5	eat healthy foods
Central Peninsula	Grades 6-12	I try to get my work done on time so that I don't stress. I also take the time to take care of my mental health. I do my best to drink a lot of water, and avoid causing conflict with my friends.
Eastern Peninsula	Grades 6-12	eat walk sports and school and hangout with friends and family
Central Peninsula	Grades 3-5	i eat fruet .i run
Central Peninsula	Grades 6-12	Draw ig
Southern Peninsula	Grades 6-12	Focusing and solving problems
Central Peninsula	Grades 3-5	your really nice i like your cloths today how is your day going
Southern Peninsula	Grades 6-12	I do track, drink a lot fo water, and like uh do my homework also
Central Peninsula	Grades 6-12	I go for drives through town.
Central Peninsula	Grades 6-12	For my physical wellness, I do many sports and stay active on the weekends. I would say I eat pretty healthily. I love to hang out with my friends often for my mental wellness and look forward to things.
Southern Peninsula	Grades 6-12	I exercise by playing my drum kit, playing in the snow, and skiing.
Central Peninsula	Grades 3-5	Blow my nose, sneeze or cough in elbow, use germX, wash my hands every time, and eat healthy foods.
Central Peninsula	Grades 6-12	sleep
Central Peninsula	Grades 6-12	I play sports a lot and do stuff at home like play guitar or listen to music
Central Peninsula	Grades 6-12	summer riding wheelers gun range fishing music
Central Peninsula	Grades 6-12	Be with my friends, play sports
Central Peninsula	Grades 6-12	Depends on the meaning of well. Physically, I walk around and eat regularly and somewhat healthily. Mentally I don't really do anything,
Central Peninsula	Grades 6-12	Get lots of sleep and work done.
Central Peninsula	Grades 6-12	ride my dirt bike
Central Peninsula	Grades 3-5	To follow derections and listen.
Central Peninsula	Grades 6-12	I eat health, workout, do spots, and enjoy my free time
Central Peninsula	Grades 3-5	Some things I do to stay well are, Stay active, I get along with people easily, I love to read, I make good choices in what I say and do, and I do the right thing for myself and others.
Southern Peninsula	Grades 6-12	I workout, I eat healthy and balanced food and I drink lots of water.
Central Peninsula	Grades 6-12	jujitsu, wrestling, weight lifting, cardio, healthy diet
Central Peninsula	Grades 6-12	I don't rilly know
Central Peninsula	Grades 6-12	Sleep
Southern Peninsula	Grades 6-12	eat healthy
Central Peninsula	Grades 6-12	exercise, eating healthy
Central Peninsula	Grades 6-12	sleep, and cry, and hangout with kimbo
Central Peninsula	Grades 3-5	listen to my own music
Central Peninsula	Grades 3-5	I
Southern Peninsula	Grades 6-12	sleep enough, eat healthily, have good hobbies, stay fit, plenty of exercise, and stay clean
Central Peninsula	Grades 3-5	I use self talk and be positive with myself and get all my work done super quick and then help my teacher with stuff
Central Peninsula	Grades 3-5	sleep and eat and be kind and nice.

Central Peninsula	Grades 3-5	non
Central Peninsula	Grades 6-12	exercise go for a jog and walk around school
Southern Peninsula	Grades 6-12	sports, eat well, try not to stress myself.
Central Peninsula	Grades 6-12	sports
Southern Peninsula	Grades 6-12	i sleep
Central Peninsula	Grades 3-5	Excercise, eat healthy food, drink a lot of water, and sleep as much as i should
Southern Peninsula	Grades 6-12	Sleep, work out, eat well, stay hydrated.
Southern Peninsula	Grades 6-12	Play soccer, talk to my friends
Southern Peninsula	Grades 6-12	Do sports like track, x-country running, and skiing. I also don't eat a lot of junk food.
Central Peninsula	Grades 3-5	eat healthy food, play outside and work hard
Southern Peninsula	Grades 6-12	I involve myself in sports or extra curricular activites
Central Peninsula	Grades 6-12	make time for myslef
Central Peninsula	Grades 6-12	i dont
Central Peninsula	Grades 3-5	metal detect
Central Peninsula	Grades 6-12	Play sports, drink lots of water, maintain a low appetite and eat when it's important, listen to music, pray
Central Peninsula	Grades 3-5	I stay well by going outside and eating healthy and doing workouts and also entertaining myself like doing projects and reading to myself, these are the main things to stay well.
Southern Peninsula	Grades 6-12	sleep
Eastern Peninsula	Grades 3-5	go outside, color, other . . .
Central Peninsula	Grades 3-5	have fun
Southern Peninsula	Grades 3-5	take a walk down the hallway
Southern Peninsula	Grades 3-5	Sports, eat healthy food, pay attention in class, socialize
Central Peninsula	Grades 6-12	stay hydrated.
Central Peninsula	Grades 3-5	fish and build a fire don't think about school go on a hike or go biking. go explore hang out with my friends like luke and eli
Central Peninsula	Grades 3-5	idk play in the playground
Central Peninsula	Grades 6-12	Things that I do that help me stay well is hang out with my friends, make plans for weekend and school breaks. I exercise often and eat as many vegtibles as the school and my home provides. I give my self breaks while doing homework and things that are unpleasant. I also set goals for myself, and i write a lot in my journal.
Central Peninsula	Grades 3-5	stay active and drink water and eat food
Central Peninsula	Grades 3-5	keeping stuff to my self
Central Peninsula	Grades 6-12	cheer
Central Peninsula	Grades 6-12	sports
Central Peninsula	Grades 6-12	I try to focus at home on homework and try to eat good food.
Central Peninsula	Grades 6-12	play sporst
Central Peninsula	Grades 6-12	I do sports at school, eat healthily, and go outside daily
Central Peninsula	Grades 6-12	sleep and eat
Central Peninsula	Grades 3-5	try to be calm get good sleep get stuff completed
Central Peninsula	Grades 6-12	Focus on myself, because at the end of the day I can't be better for others, if I can't be better for myself. I also feel that myself is the only person I can truly count on and depend on whenever I am down or at a low point.
Eastern Peninsula	Grades 3-5	swim?
Central Peninsula	Grades 3-5	karate,playing outside,playing with friends,and sleeping.
Southern Peninsula	Grades 6-12	exercise
Southern Peninsula	Grades 6-12	I give myself breaks from time to time. I try to keep a positive mindset throughout the day. I respect those around me as well as their thoughts and actions. I do not cause unnecessary conflicts or stressing situations. I try to eat healthy and get enough exercise.
Central Peninsula	Grades 6-12	i go to the kenai rec center and work out
Outlying Schools	Grades 6-12	School, video games, work.
Central Peninsula	Grades 6-12	help each others, being confident
Southern Peninsula	Grades 6-12	keep the ball rolling
Southern Peninsula	Grades 6-12	eat
Central Peninsula	Grades 3-5	when it goes well
Central Peninsula	Grades 6-12	I take care of myself.
Central Peninsula	Grades 6-12	i eat healthy food
Outlying Schools	Grades 3-5	I really like to take a 10 minute to 45 minute walk on any day with my dog ,mostly because its fun i like the smell of the air.Well I don't know if this counts but my mom wont let us on her bed unless we take a shower so i take a shower everyday but don't this its because i want too i don't ! I'd say about once or twice a week i do yoga with my mom in the mornings. I often sign myself up for things that i don't know if i can do or not but i start pushing myself so i can do it.

Southern Peninsula	Grades 6-12	talk to friends
Eastern Peninsula	Grades 6-12	I take breaks from sports if I feel overworked and seek out my mothers help when I have to much homework.
Central Peninsula	Grades 6-12	basketball, volleyball, and sketching
Central Peninsula	Grades 3-5	be happy and suck it up
Central Peninsula	Grades 6-12	go to the gym play sports eat healthy
Eastern Peninsula	Grades 3-5	eat,drink water,play,go outside.
Eastern Peninsula	Grades 3-5	travel, eat healthy, do fun things with my family, be good at math, care about my health, be nice, visit my cousins in belize, play with my family, sleep, .
Central Peninsula	Grades 6-12	draw, nap, eat, crochet
Central Peninsula	Grades 6-12	I play lots of sports.
Central Peninsula	Grades 6-12	play in the gym eat healthy and lift weghits
Central Peninsula	Grades 3-5	drink lots of water
Southern Peninsula	Grades 3-5	clubs
Central Peninsula	Grades 3-5	cooking and sports and dancing
Central Peninsula	Grades 6-12	Play hockey and at recess.
Central Peninsula	Grades 3-5	When I don't think I feel well my AKA:nurse gives me medicine that make me feel better.
Central Peninsula	Grades 6-12	sports
Central Peninsula	Grades 6-12	Play sports. Eat healthy food.
Central Peninsula	Grades 6-12	better food and sports
Central Peninsula	Grades 3-5	wmy dog
Central Peninsula	Grades 6-12	I make sure I meet goals that I set myself.
Central Peninsula	Grades 6-12	I eat healthy. <3
Central Peninsula	Grades 3-5	hockey and g0 ing to the gyne eating healthey
Central Peninsula	Grades 6-12	sleep, do sports, gym, eat apple, and breath fresh air
Central Peninsula	Grades 6-12	I do sports
Central Peninsula	Grades 6-12	I exercise and take care of myself
Central Peninsula	Grades 6-12	Wrestling, playing the Tenor and Alto Sax, Making Videos.
Central Peninsula	Grades 6-12	eat healthey
Southern Peninsula	Grades 6-12	I play sports and Eat manly healthy food and go to bed pretty early.
Central Peninsula	Grades 3-5	I sleep,I play outside and eat healthy
Southern Peninsula	Grades 6-12	I exercise a lot with sports and pe and i eat healthy foods often.
Southern Peninsula	Grades 6-12	I workout every once In awhile. I don't know
Central Peninsula	Grades 6-12	math
Outlying Schools	Grades 6-12	listen to music to stop the bad thoughts that go on in my head
Central Peninsula	Grades 6-12	To stay well I play all kind of sports at recess and outside of school, I eat and get hydrated after recess, and I have fun with my friends.
Central Peninsula	Grades 6-12	I like to play video games to calm myself down after school, I play tennis, I watch stuff on Youtube, and put on acne cream to get rid of it.
Central Peninsula	Grades 3-5	Take my vitamins, try to take a shower once or twice a week, don't put to much candy in my lunch,
Central Peninsula	Grades 3-5	eat and drink, dont eat too much desert/candy
Central Peninsula	Grades 6-12	Nothing
Central Peninsula	Grades 3-5	sports, math
Central Peninsula	Grades 3-5	eat vegegables, fruit, meat, and grain I go out side before and after dinner.
Central Peninsula	Grades 6-12	Im always trying to learn new things and even when its kind of hard at school . I also eat healthy when i can but the school lunches are basically prison food so i bring my own food t school with me.
Central Peninsula	Grades 3-5	play fortnight
Central Peninsula	Grades 6-12	lots of stuff like jacky boy
Central Peninsula	Grades 6-12	I do what is needed for me to stay in near-peak condition.
Central Peninsula	Grades 6-12	sports
Central Peninsula	Grades 3-5	I try to get lots of sleep,I try to not eat a lot of gunk food,and I try to stay active.
Central Peninsula	Grades 3-5	i try to take walks sometimes, play outside, play with my dog and stay away from things i have alergies to, stay home when sick or injured, try to get good sleep (doesnt work sometimes) and dont have 5 cups of coffee when im home.

Central Peninsula	Grades 3-5	I play soccer, I hang out with my friends and I love to talk and chat with people. And most important I love to think about petting my doggie her name Rainer she is the best i could go on and on about how much i love her oh and don't even get me started on the kitty's
Central Peninsula	Grades 6-12	Some things I do to stay well is dance, get sleep, do art, sing , cook and bake and listen to music along with trying to eat healthy and staying fit.
Outlying Schools	Grades 6-12	basketball music
Central Peninsula	Grades 3-5	be active, eat healthy, and get good rest.
Southern Peninsula	Grades 6-12	sports
Central Peninsula	Grades 3-5	drink water, go on walks, play outside
Southern Peninsula	Grades 6-12	I don't really know.
Central Peninsula	Grades 3-5	eat healthy food go to school and play outside.
Central Peninsula	Grades 6-12	Not do drugs
Central Peninsula	Grades 3-5	i wash my hands after going to the bathroom i eat a lot vegys i cover my caghfs and snezzes
Southern Peninsula	Grades 3-5	Not drink soda,
Central Peninsula	Grades 6-12	Sit-ups pull-ups
Southern Peninsula	Grades 3-5	eat healthy,keep calm and have fun
Eastern Peninsula	Grades 3-5	go outside play in recess
Central Peninsula	Grades 6-12	Take vitamins and I play sports so I get alot of exercise
Central Peninsula	Grades 6-12	Uhm. I try to not share drinks with people as to not get sick
Central Peninsula	Grades 3-5	Run,eat breakfast,sleep
Central Peninsula	Grades 3-5	german,science,working with others
Central Peninsula	Grades 6-12	I workout and weight lift, i attempt to take brain breaks and take walks.
Eastern Peninsula	Grades 3-5	eat healthy,help kids,be kind
Central Peninsula	Grades 6-12	Play video games and eat food
Central Peninsula	Grades 3-5	eat,sleep,and annoy my sister.
Central Peninsula	Grades 3-5	eat vidamines and healthy some times
Central Peninsula	Grades 6-12	not sure
Central Peninsula	Grades 6-12	take care of my mental health
Central Peninsula	Grades 3-5	healthy activitys
Central Peninsula	Grades 6-12	I don't really know but I listen to music to help with anxiety and I sleep pretty well.
Central Peninsula	Grades 6-12	Exercise and eat decently well.
Central Peninsula	Grades 3-5	I eat healthier foods and do deep breathing exercises before bed. I try to get a lot of sleep on weekdays and weekends.
Central Peninsula	Grades 6-12	Drink lots of water get exercise and minimise stress by getting my work done.
Central Peninsula	Grades 6-12	i don't
Central Peninsula	Grades 3-5	eat and drink healthy
Central Peninsula	Grades 6-12	work hard
Central Peninsula	Grades 6-12	I'd write my own lyrics and Play games
Central Peninsula	Grades 6-12	sports
Southern Peninsula	Grades 6-12	play sports weight lift run eat heathy
Central Peninsula	Grades 6-12	i eat well, i workout, and i play multiple sports.
Central Peninsula	Grades 6-12	Draw,color and talk to my Mom about stuff about my day at school
Central Peninsula	Grades 3-5	Things I do to stay well are try to sleep, eat healthy food like steak and fruits, also lift dumbells at my brother's house when i go over to his house.
Central Peninsula	Grades 3-5	stay inside to make sure i won't get sick, don't get around kids that are sick, and i won't play video games just games.
Southern Peninsula	Grades 6-12	I don't.
Central Peninsula	Grades 6-12	read hang out with friends
Southern Peninsula	Grades 6-12	Play ukulele, take a walk if I get frustrated, eat well, well hygiene, go to the sparc, recess.
Central Peninsula	Grades 3-5	eat heathy somtimes and take my videnmens
Central Peninsula	Grades 3-5	not eat htat much junk food
Central Peninsula	Grades 6-12	I take my vitamins
Central Peninsula	Grades 3-5	I eat apples and bananas. I am involved in Cub Scouts.
Central Peninsula	Grades 6-12	I like to go walking/hiking,biking and reading/writing.
Central Peninsula	Grades 6-12	Sleep,eat healthy,do sports,make people feel better
Southern Peninsula	Grades 3-5	My frends
Central Peninsula	Grades 6-12	A lot of things.

		not go to west homer elementary school because theirs so many bullies that picked on me so i came here to stay well
Southern Peninsula	Grades 6-12	p.s. (west homer needs to be shut down)
Central Peninsula	Grades 3-5	i do exercising and art but i like to help people ,be kind, and been happy in the school.
Central Peninsula	Grades 6-12	Well i work hard and i am a very good race car driver
Eastern Peninsula	Grades 6-12	I don't really understand the context.
Central Peninsula	Grades 6-12	I have a rigorous at-home calisthenics workout that i do on the daily, and i also spend a good chunk of my time practicing martial arts
Central Peninsula	Grades 6-12	Sleep i guess
Central Peninsula	Grades 6-12	Activies out of school
Central Peninsula	Grades 6-12	Get as much rest as I can
Central Peninsula	Grades 3-5	not talk to any people and keep it inside me like a bubbling couldren about to overflow.
Southern Peninsula	Grades 6-12	tell my- self if I fail, everyone will pity me and some of my family makes good food.
Central Peninsula	Grades 6-12	Stay focused and not mess around
Central Peninsula	Grades 6-12	take my dog for a walk, hang out with friends, eating good foods
Central Peninsula	Grades 6-12	pushups situps pullups as well as splitting wood.
Central Peninsula	Grades 3-5	I try to stay hydrated and active to stay well.
Central Peninsula	Grades 6-12	drink lots of water and try to socialize
Central Peninsula	Grades 3-5	snack
Central Peninsula	Grades 3-5	I eat vegetables sleep drink water running in gym
Central Peninsula	Grades 6-12	talk to friends and hang out
Southern Peninsula	Grades 6-12	sank time
Central Peninsula	Grades 6-12	Eat good food that my mom makes. Talk to my amazing friend. go and have fun in P.E. Reading.
Central Peninsula	Grades 6-12	play sports
Central Peninsula	Grades 6-12	i drink a lot of water and i take vitims
Central Peninsula	Grades 6-12	workout eat drink play basketball
Central Peninsula	Grades 3-5	practice breath yous selftalk
Central Peninsula	Grades 6-12	Exercise, take breaks during study/homework sessions, and communicate with others such as friends and family.
Central Peninsula	Grades 6-12	I play soccer, I try my best to eat semi-healthy, and I enjoy walking in my freetime.
		I work out with my little brother and I'm trying to eat healthily and play. With my brother more furthermore I'm going to therapy for my mental, health finally I would like to say that I love. my school with all my heart and I'm happy I was part of its history
Central Peninsula	Grades 6-12	sincerely Kenneth. J.Westrope
Central Peninsula	Grades 3-5	eat vegetables and fruits, run, SPA DAYYY
Central Peninsula	Grades 6-12	sports, school, talk to friends, and being well behaved for my parents
Central Peninsula	Grades 6-12	sleep, physical activity, hobbies I enjoy
Central Peninsula	Grades 3-5	to eat vocables and exercise
Central Peninsula	Grades 6-12	sleep, eat
Southern Peninsula	Grades 3-5	eat halfly braush my harie get a good nihgt sleep
Central Peninsula	Grades 3-5	eat helthey food(sometimes) run at reses,and relax at math.
Central Peninsula	Grades 3-5	I play hockey.
Central Peninsula	Grades 6-12	sports
Southern Peninsula	Grades 6-12	I eat food that I like to eat, I hang out with my friends inside and outside of school, I also hang out with my family, I spend time outside, etc.....
Central Peninsula	Grades 6-12	Eating healthier foods, take care of myself, exercising, and drinking lots of water.
Central Peninsula	Grades 6-12	Get 7-10 hours of sleep and keep in mind that everything is temporary.
Southern Peninsula	Grades 6-12	sleep and drink lots of water
Central Peninsula	Grades 3-5	I swim, eat healthy, drink lots of water, keep my mind occupied.
Central Peninsula	Grades 6-12	sleep daily and eat healthy
Central Peninsula	Grades 6-12	I keep myself level headed and try not to get to cocky
Central Peninsula	Grades 3-5	play fortnite
Eastern Peninsula	Grades 3-5	Swim, snowboard and other sports.
Central Peninsula	Grades 6-12	stay away from people.
Eastern Peninsula	Grades 6-12	Play games, basketball, trashketball, and play at the rec.

Central Peninsula	Grades 3-5	swim,play
Central Peninsula	Grades 3-5	i try to ea healthier if i get a hance and i workout when i cna alost everyday of the week
Central Peninsula	Grades 3-5	Stay in shape, Eat healthy, Get good sleep, At least try to find some one I can trust.
Central Peninsula	Grades 6-12	Track practice workout
Central Peninsula	Grades 3-5	wash my hands
Southern Peninsula	Grades 3-5	i run up and down the driveway and eat my veges and do 40 jumping jaks at home
Central Peninsula	Grades 3-5	Eat healthy foods, drink water, and do chores.
Central Peninsula	Grades 6-12	i hangout with friends
Outlying Schools	Grades 6-12	I wash my hands and bath regularly, I stay home when I am sick, and I cover my sneeze's and coughs.
Central Peninsula	Grades 3-5	talk to mr stanly
Central Peninsula	Grades 6-12	i don't take much to stay happy and well. However, buying drinks from the machine helps me decompress, stay focused, and stay well.
Central Peninsula	Grades 6-12	sleep
Southern Peninsula	Grades 6-12	No
Central Peninsula	Grades 6-12	Types of things I do to stay well is to make sure I'm staying hydrated and try to eat healthy enough. I participate in P.E. and I sometimes walk my dog at home.
Eastern Peninsula	Grades 6-12	well i work out a lot
Central Peninsula	Grades 6-12	nothing to dangerous
Central Peninsula	Grades 3-5	eat heathly and breath
Central Peninsula	Grades 6-12	I like to rest sometimes to clear my head or listen to music to keep me calm
Central Peninsula	Grades 3-5	I try to lisein i school
Eastern Peninsula	Grades 3-5	exersize, eat healthy, play, take vitamins.
Central Peninsula	Grades 6-12	drink water, sleep, paint, draw
Central Peninsula	Grades 3-5	i eat vegetables
Eastern Peninsula	Grades 3-5	notice things that can help me stay healthy and by making good disitions
Southern Peninsula	Grades 6-12	I get about 10 hours of sleep per night, I eat homecooked meals every day, and i also constantly exercise to feel better.
Central Peninsula	Grades 6-12	I eat healthy foods i'm going to avoid more fights... I'm going to do more out of school non athletic works.
Central Peninsula	Grades 6-12	Go get a sweet treat once a week to give myself a little reward for not breaking down
Central Peninsula	Grades 6-12	Workout
Central Peninsula	Grades 3-5	I exercise lots in sports and control my breathing when upset. I exercise both my body and mind.
Southern Peninsula	Grades 6-12	Baseball Practice and Fishing
Central Peninsula	Grades 6-12	stay in shaped and get plenty of exercise.
Central Peninsula	Grades 6-12	drink alot of water
Central Peninsula	Grades 3-5	eat vegetables,get sleep, and eat my vitamins
Central Peninsula	Grades 3-5	I make sure I eat healthy,get plenty of exersize, listen in class so my brain can grow,and more.
Central Peninsula	Grades 3-5	tack my day to day vadimons and drink tea, play sports, eat heathy things.
Southern Peninsula	Grades 6-12	Playing sports, working out, and eating heathy.
Southern Peninsula	Grades 6-12	Play Sports, after school activities, clubs, and enrichment
Central Peninsula	Grades 6-12	think about frinds and famliey
Central Peninsula	Grades 6-12	sports, take days off when im sick
Central Peninsula	Grades 6-12	sleep
Central Peninsula	Grades 3-5	math
Southern Peninsula	Grades 6-12	i dont know
Central Peninsula	Grades 3-5	eat helthy and work out a lot and stay in shape
Outlying Schools	Grades 3-5	eckstra size and eat heathy
Central Peninsula	Grades 6-12	Nothing.
Central Peninsula	Grades 6-12	get enough sleep, do sports, and make good friends
Central Peninsula	Grades 6-12	I eat healthy,I exercise,I take breaks,and I try new new things
Central Peninsula	Grades 3-5	eat heathy food,drink water and spend time with freinds and family
Central Peninsula	Grades 6-12	eat heathy and workout take breaks
Central Peninsula	Grades 3-5	listen to music and lay down
Southern Peninsula	Grades 3-5	i wold like it if hot lunch was better
Central Peninsula	Grades 3-5	run play exercise
Central Peninsula	Grades 3-5	i wash my hand's

Central Peninsula	Grades 6-12	I take cold showers, I do journaling, I workout, I shower every day, I do my homework on time, I treat my girlfriend and others above myself. I ask seniors for life advice, I build connections with my family because family is above all else, and I carry a white belt mindset.
Southern Peninsula	Grades 6-12	Listening to music and making sure to stay grounded in my therapy techniques.
Central Peninsula	Grades 3-5	school, and the class schedule
Eastern Peninsula	Grades 3-5	acknowledging that people will have their own opinions and rarely admit their wrong and knowing the fact that I won't always be right. Plus, continuing an argument that contains repeating things over and over again is not an argument worth fighting because the other person at that point won't change their opinion.
Central Peninsula	Grades 3-5	I eat healthy foods and I stay away from mean people and I stick up for my peers and I be kind and when I have a problem I either tell my friend what happened for her to make me feel better and when that doesn't work and the mean person that is mean to me and won't stop I go to the teacher and they solve the problem with me and then the person leaves me alone for a little while until they start getting mad at me again and then I get help again.
Central Peninsula	Grades 6-12	eat health try not to get sick and do well
Central Peninsula	Grades 6-12	sleep drink water and eat foods
Central Peninsula	Grades 6-12	What type of question are they really asking.
Central Peninsula	Grades 3-5	I do good things for me like running around, getting outside and trying to eat healthy
Central Peninsula	Grades 3-5	math, reading, writing, trying not to miss school so much.
Central Peninsula	Grades 3-5	for example at home I take care of things myself not my mom not my dad I just do it myself also I choose to eat healthy food and drinks and I never eat things that can be toxic things for fun also I don't do things that can cause medical issues that can cause a life time in a hospital I also drink lots of water a day and also exercise and keep my heart pumping also I make the decision of making nice friends because if your friends with a bully it can spread so make good choices.
Southern Peninsula	Grades 6-12	sleep a lot, eat healthy,
Central Peninsula	Grades 3-5	eat good
Southern Peninsula	Grades 3-5	I try not to get into fights, or be mean. When people are mean, I like to try to ignore it but sometimes I can't so I cry, but I solve that by surrounding myself in stuff I love. I eat healthy, but sometimes have sugar. I also do self care as in skin care, showers, clean my room daily, and read, etc...
Central Peninsula	Grades 6-12	walk, go outside, be with friends or family
Eastern Peninsula	Grades 3-5	eat, play, sports, spend time with family, school, read, and more stuff.
Central Peninsula	Grades 6-12	keep focused on my given task and try to work on it the best I can without complications
Outlying Schools	Grades 6-12	draw, and watch videos and stuff.
Central Peninsula	Grades 6-12	I'm a gamer and I uh get help and I yes
Central Peninsula	Grades 3-5	I do dance class it is healthy
Central Peninsula	Grades 3-5	play outside. play with my baby sister and play with my brother
Central Peninsula	Grades 6-12	Drink lots of water and stay fit and active.
Central Peninsula	Grades 6-12	sleep, hang out with friends do math play with Emma hair
Central Peninsula	Grades 6-12	I eat healthy and exercise
Central Peninsula	Grades 6-12	What types of things do YOU do to stay well? Well I know that someone could eat healthy foods along with exercise. You could also try talking about your feelings and not let them bottle up. Another suggestion is to do something that can make you happy and lively.
Central Peninsula	Grades 6-12	none of your business
Southern Peninsula	Grades 6-12	I workout, eat healthy, go on walks etc. etc.
Central Peninsula	Grades 6-12	shower and clean
Central Peninsula	Grades 6-12	Sports, Sleep, Workout, Play games on my Xbox, Use my Phone, would be better if I could bring my phone to school, many more reasons but that's all I want to say
Central Peninsula	Grades 3-5	??????
Southern Peninsula	Grades 6-12	Exercise talking and hanging out with friends.
Southern Peninsula	Grades 6-12	I like to draw and listen to music, basically keeping myself busy.
Central Peninsula	Grades 3-5	eat, sleep, go to school
Central Peninsula	Grades 3-5	run around in my backyard eat lots of good foods that are good for you and work out
Central Peninsula	Grades 6-12	I am in the soldotna whalers wrestling club and I work out at my house fairly often
Outlying Schools	Grades 6-12	eat, go for walks, talk to people when I'm having issues, ask for help when needed, call out people when they're doing something wrong and I help others when they need it
Central Peninsula	Grades 3-5	play games
Central Peninsula	Grades 6-12	I try to keep in shape and eat as well as I can
Central Peninsula	Grades 3-5	run uran
Central Peninsula	Grades 6-12	hi
Central Peninsula	Grades 6-12	I work out very often and do sports all the time. And I eat healthy and like to keep my body healthy.
Central Peninsula	Grades 3-5	stay com
Central Peninsula	Grades 3-5	eat well workout
Central Peninsula	Grades 6-12	I am on the swim team at the high school
Central Peninsula	Grades 3-5	eat healthy, play outside

Southern Peninsula	Grades 6-12	Eat healthy, meditate, and physical activity.
Central Peninsula	Grades 3-5	What I do to stay well is eat fruit and vegables often and make use out of the recess given.
Central Peninsula	Grades 6-12	Write out my thoughts, try my best in school, read away stress
Outlying Schools	Grades 6-12	play sports work out and hangout with my friends to keep my mental heath strong
Central Peninsula	Grades 6-12	Sleep and eat and reading.
Central Peninsula	Grades 3-5	eat good food
Central Peninsula	Grades 3-5	Eat healthy,Workout,morning jog
Central Peninsula	Grades 6-12	have fun
Central Peninsula	Grades 6-12	Exercise, eat healthy, stay clean.
Southern Peninsula	Grades 6-12	walk, be healthy,
Central Peninsula	Grades 6-12	I don't know.
Southern Peninsula	Grades 3-5	sleep drink water read play out side
Central Peninsula	Grades 6-12	I rest when I need to, I regularly eat healthy meals, and I make sure to exercise frequently.
Central Peninsula	Grades 6-12	I dont like this school
Southern Peninsula	Grades 6-12	I walk to and from school, eat healthy meals, spend extra time outside, and try to get enough sleep.
Central Peninsula	Grades 6-12	take vitamans,eat healthy.go on 2 miles runs almost every day at home
Central Peninsula	Grades 6-12	Ignore bad things and try to stay good.
Central Peninsula	Grades 6-12	I eat food and drink water and that's it
Central Peninsula	Grades 3-5	Eat breakfast
Eastern Peninsula	Grades 3-5	Don't go near people with deciesis. Eat healthy.
Central Peninsula	Grades 6-12	Nothing
Central Peninsula	Grades 6-12	I do things like snowboarding and ride dirtbikes to stay well
Central Peninsula	Grades 3-5	water and eat food
Southern Peninsula	Grades 6-12	hahahahah
Central Peninsula	Grades 6-12	Drink lots of water and eat healthy foods. Also, don't get involved in problems that I'm not involved with unless deemed necessary; in other words, avoid drama. respect others and have compassion, and listen to my teachers and fellow classmates. I also take time to meditate on oncoming obstacles and plan ways forward every day.
Southern Peninsula	Grades 6-12	eat
Central Peninsula	Grades 6-12	i don't do anything
Central Peninsula	Grades 6-12	None
Southern Peninsula	Grades 3-5	listen to my peers and teachers.
Central Peninsula	Grades 6-12	Sleep 8 hours, Study Daily, Hygiene, Work Out, and Socialize with Family or Friends.
Eastern Peninsula	Grades 3-5	eat healthy, exer size sports no junk food walks and hiking swiming running
Central Peninsula	Grades 6-12	Draw or watch anime
Central Peninsula	Grades 6-12	stay in contact with friends and ignore all the drama as posible
Central Peninsula	Grades 6-12	idk
Central Peninsula	Grades 6-12	sports healthy food and stay with good people
Central Peninsula	Grades 6-12	I participate in sports and try to eat healthy.
Central Peninsula	Grades 3-5	Mentally: Watch YouTube. Physically: Eat healthy, be aware of any viruses/bacteria, stay at home when I'm sick to not infect any other kids, study, ect.
Central Peninsula	Grades 3-5	eat healthy foods, exersize a lot, be careful before i do something (.e.g..wach where i go before i walk or run) , be helpful, exersize my brain like most of the time, give me some tips if a qestion is hard if i can think of one, be soporteve, be active, lessen to Mr. Devold, help others. :)
Central Peninsula	Grades 6-12	to foces on my school work and paying attin into people and people who help me through work and when my friends help me through work and stuff
Central Peninsula	Grades 3-5	work out eat vitemins eat meat grow foods/rase shoot at the gun range
Southern Peninsula	Grades 6-12	eat broccoli and sardines
Central Peninsula	Grades 3-5	to be good and helpful to my freids and teachers and kind to ever one
Southern Peninsula	Grades 6-12	Things I do to stay well include sports, drinking lots of water, and working hard.
Central Peninsula	Grades 6-12	I occasionally workout, playing video games is another way. I go outside for walks, I also enjoy hanging out with my friends and playing with my animals.
Central Peninsula	Grades 6-12	sports
Southern Peninsula	Grades 3-5	try my hardest
Southern Peninsula	Grades 6-12	sleep
Central Peninsula	Grades 6-12	i run down my road , i play with my dogs
Eastern Peninsula	Grades 3-5	Exercise even though I'm still too skinny. I eat healthy food (e.g. salad, fruit, vegetables etc...). I play sports (In and out of school.)
Central Peninsula	Grades 3-5	exersise eat veggys play more.
Outlying Schools	Grades 3-5	I play outside and in the gym. I eat healthy foods and drink alot of water.

Central Peninsula	Grades 3-5	play video games and sleep and eat good
Central Peninsula	Grades 3-5	Eat my favorite fruit.
Central Peninsula	Grades 3-5	ride bikes
Central Peninsula	Grades 6-12	Exercise, eat healthy, and focus on my cognitive abilities and improving them at a partially-linear rate.
Central Peninsula	Grades 6-12	NUTHING
Central Peninsula	Grades 6-12	basketball
Central Peninsula	Grades 3-5	??????????
Central Peninsula	Grades 6-12	Talk to teachers when things get hard
Central Peninsula	Grades 3-5	eat good food . do a lot of sports . read.
Central Peninsula	Grades 6-12	I go outside.
Central Peninsula	Grades 6-12	Basketball, Volleyball, biking
Central Peninsula	Grades 6-12	Watch south park
Central Peninsula	Grades 6-12	guitar, saxamophone, singing songs, and other i cant think of. i like music
Central Peninsula	Grades 3-5	gymnastics, piano, figure skating, swim, clarinet, walks, color, craft, listen to songs,hang out with my friends
Central Peninsula	Grades 3-5	Eat healthy foods. Take brain breaks. Play at recess
Central Peninsula	Grades 6-12	Hangout with friends
Central Peninsula	Grades 6-12	rgbvgusaeBV7 bftrv egfndnuteteeeeeeefutgbuyuybuybbuhydcuburubyef3uyf
Central Peninsula	Grades 3-5	I eat good
Central Peninsula	Grades 3-5	eat healthy things go on walks and go to bed
Central Peninsula	Grades 6-12	Sleep, listen to music,
Central Peninsula	Grades 3-5	i blow bubbles and play with some toys and make food and cry hug my plushies and dress up redecorate my desk and my room do make up go on amzozn
Central Peninsula	Grades 3-5	i eat helthy i sit in bed wun i'm sick
Central Peninsula	Grades 3-5	clear my head, go biking, riding a snow machine, take deep breaths and take a nap
Central Peninsula	Grades 6-12	To stay well, I listen to music and communicate with my friends
Central Peninsula		Hangout with friends
Central Peninsula	Grades 6-12	Fish
Central Peninsula	Grades 6-12	In order to stay well I sleep, eat good food, drink water and exercise.
Central Peninsula	Grades 3-5	i dont eat candy alot at all and i only get sick for diffrent type of reasons i will know and i cant eat alot of eggs and not peanut butter or nuts that will make me sick or just verry ill :->
Central Peninsula	Grades 6-12	i play outside with my dogs and go for walks. i talk with friends and play video games. watch videos.
Central Peninsula	Grades 6-12	get as much sleep as posible
Central Peninsula	Grades 6-12	i do not know
Central Peninsula	Grades 6-12	dunno
Central Peninsula	Grades 3-5	I make shore I'm waring shoes so I don't step on tacks.
Central Peninsula	Grades 6-12	Wash hands, and stay safe from illness
Central Peninsula	Grades 6-12	I eat healthy food and exercise when I can. I try to do it more often than I do.
Central Peninsula	Grades 6-12	Sports, games, hangouts, breaks, read, art, draw, write.
Central Peninsula	Grades 3-5	I run around a lot and i play football at recess.
Eastern Peninsula	Grades 3-5	eating veteables.
Central Peninsula	Grades 6-12	I like to create things with 3D animation software whenever I am stressed or cannot figure something out
Central Peninsula	Grades 6-12	I do gym and wrestling
Central Peninsula		drink water
Central Peninsula	Grades 6-12	eat at least 3 meals a day
Eastern Peninsula	Grades 3-5	gim
Central Peninsula	Grades 6-12	sleep, make to do lists
Central Peninsula	Grades 6-12	sports.
Southern Peninsula	Grades 6-12	Work out and eat no more than I need.
Eastern Peninsula	Grades 6-12	well my 3 best friend first Walter,Aiden,and nolen
Central Peninsula	Grades 6-12	Sleep. I hate everyone and everything at that school.
Central Peninsula	Grades 6-12	Exercise and hangout with friends
Southern Peninsula	Grades 6-12	sleep
Central Peninsula	Grades 6-12	Sports and lunch also use my school passes to "Go to the bathroom" Even though I don't usually. I just want to get out of class for a brain break and breath for a minute without the pressure of my peers.
Central Peninsula	Grades 3-5	eat good food. learn about stuff I don't learn

Central Peninsula	Grades 6-12	sleep and stay active
Central Peninsula	Grades 6-12	i dont know.
Central Peninsula	Grades 3-5	Not eat a lot of sugar. Eat healthy food.
Southern Peninsula	Grades 6-12	try to stay healthy to come to school as much as possible because i already miss alot because of my sport
Central Peninsula	Grades 3-5	I run.
Southern Peninsula	Grades 6-12	sleep, hang out with friends
Central Peninsula	Grades 3-5	I get a hour of tv . i eat healthy . i play outside and get lots of fresh air.
Southern Peninsula	Grades 6-12	exerzize, drink water, and eat lots of food.
		Drink water
Southern Peninsula	Grades 6-12	Go for family walks
Outlying Schools	Grades 6-12	sleep,work out,and spend time running.
Central Peninsula	Grades 6-12	snowmobiling gaming gym math
Central Peninsula	Grades 6-12	Eat healthy and workout
Central Peninsula	Grades 3-5	listen to the rules and stay safe
Central Peninsula	Grades 6-12	i drink lots of water and try to get the right amount of sleep.
Central Peninsula	Grades 6-12	Nothing
Central Peninsula	Grades 3-5	Eat healthy move around and get some exercise read everynight instead of gaming all night
Central Peninsula	Grades 3-5	I am good at my multiply
Southern Peninsula	Grades 6-12	eat food
Central Peninsula	Grades 6-12	I normally do not have to worry about getting sick because I have a strong immune system but I stay home from school if I need too.
Central Peninsula	Grades 6-12	fidget
Central Peninsula	Grades 6-12	I exercise, try to get enough sleep-ish, and try to eat some sort of healthy food daily.
		I'm on the swim team.
Central Peninsula	Grades 3-5	If I don't feel good, I stop myself from eating sugary stuff.
		mentally I will mostly try and keep my mind in a different envirmnt that isn't stressfull, Like playing games or watching a movie, physicaly I work out every day and try to eat somewhat healthy foods. I try to
Southern Peninsula	Grades 6-12	stay as active as possible when i'm not at school.
Central Peninsula	Grades 3-5	i be respectful i eat the food they give me
Central Peninsula	Grades 6-12	Socializing.
Southern Peninsula	Grades 6-12	75 hard
Central Peninsula	Grades 3-5	I eat my healthy stuff at lunch, I try to challenge myself sometimes, I have fun in class, I exercise at P.E and recess
Central Peninsula	Grades 6-12	exercise do sports and eat healthy
Central Peninsula	Grades 6-12	do exercise, communicate with my parents if there's something bothering me, try to socialize more
Southern Peninsula	Grades 6-12	
Central Peninsula	Grades 6-12	To stay well I exercise and make sure i eat enough everyday. I also hang out with friends so I don't get bored.
		I eat
Central Peninsula	Grades 3-5	I run a lot
Central Peninsula	Grades 3-5	eat helthy being nice and helping others and if someone is sad i go over to them and say nice things and when i am done doing that it makes me happy from helping others and my teachers
Central Peninsula	Grades 3-5	sleep good,eat good,have fun,and i care about my friends and family.
Southern Peninsula	Grades 6-12	eat healthy, and try to have fun at all times.
Central Peninsula	Grades 6-12	Gym and play basketball and football at lunch and eat healthy
Central Peninsula	Grades 6-12	i like to read or listen to music and play with my dog or just go to my room and read and listen to music to close off my problems to have a clear mind and focus on other stuff
Southern Peninsula	Grades 3-5	I READ plenty and try to improve that. I read books about mindset to.
Central Peninsula	Grades 3-5	play games
		Sports
Central Peninsula	Grades 6-12	Talking to close friends
Central Peninsula	Grades 3-5	I break up fights, I ignore people who are mean to me, and I try and stop bulllys.
Central Peninsula	Grades 6-12	doing most of the work before the time is up
Southern Peninsula	Grades 6-12	some things that i do to stay well is i like to be active and do lots of things after school i also like to hang out with my friends.
		Snowmachine, boyfriend, music, video games
Southern Peninsula	Grades 6-12	NOT SCHOOL FIX THE SCHOOL SYSTEM, school is just mentally and physically draining now
		At school whenever there is something that I find difficult I try and sort out the problem. At home I do my homework and try to stay on task. At school I also eat healthy things and talk with my friends. At
Central Peninsula	Grades 6-12	home I keep me and my room clean and call my friends whenever i'm done with my current task.

Central Peninsula	Grades 6-12	i stay healthy by playing baseball.
Central Peninsula	Grades 6-12	exercise, eat good, and learn.
Outlying Schools	Grades 3-5	go skiing, play basketball, and ex.
Central Peninsula	Grades 3-5	I try to stay cool,safe,nice, and thats all
Central Peninsula	Grades 6-12	i work out and play basketball,soccer and play out side all the time
Central Peninsula	Grades 6-12	I sleep, talk, exercise, eat, and make sure I have time to myself to relax.
Central Peninsula	Grades 6-12	Eat nutritious food, draw, try to not freak out when people are annoying, exercise, and see the people I love.
Central Peninsula	Grades 3-5	somtimes eat healthy
Central Peninsula	Grades 3-5	I try to entertain myself and if i'm working I will try to move somewhere else to stay focused on my work and if I'm at home i will play around unless i have something impotent to do but other wise i will play with my friends online or outside.
Eastern Peninsula	Grades 6-12	I eat healthy, and I take showers.
Southern Peninsula	Grades 3-5	I LOVE MY SCHOOL!!!!!!!!!!!!!!!!!!!!!!!!!!!!11
Central Peninsula	Grades 6-12	i participate in physical activities and i socialize with friends
Central Peninsula	Grades 6-12	stay active and do sports and eat good food my mom makes
Southern Peninsula	Grades 3-5	sleep, eat good food
Central Peninsula	Grades 6-12	breath a lot talk a littel to my friends think about it in my head
Southern Peninsula	Grades 3-5	sleep, drink water, read
Central Peninsula	Grades 3-5	workout,eat better,get sunshine
Central Peninsula	Grades 6-12	What do you mean by that-?
Central Peninsula	Grades 3-5	rees
Central Peninsula	Grades 6-12	Sports, draw, be happy.
Central Peninsula	Grades 3-5	eat healthy, run all the time
Central Peninsula	Grades 3-5	Some things I do to stay well consists of eating healthy, being active, working my brain and making friends
Central Peninsula	Grades 6-12	N/A
Southern Peninsula	Grades 6-12	For both mental and physical health, I try to eat and drink enough water every day, even though it is sometimes a struggle. I also try to stay on a consistent sleep schedule. Surrounding myself with things and people I love also helps a lot with reducing stress which is important.
Southern Peninsula	Grades 6-12	eat, drink,sleep,repeat
Central Peninsula	Grades 6-12	Have faith in God, go to the gym everyday, try to eat healthy, talk to my friends about things, and going to church
Central Peninsula	Grades 6-12	I exercise, eat the best food I can find at school, and try to stretch. I feel like school should think about the student's mental health more, since school may keep some students from staying well easily.
Central Peninsula	Grades 6-12	i keep my head up and dont let anything stop me
Central Peninsula	Grades 6-12	I excersise and eat and drink.
Central Peninsula	Grades 6-12	cat
Central Peninsula	Grades 6-12	sleep
Outlying Schools	Grades 6-12	Exersise like walks.
Central Peninsula	Grades 3-5	I dont no
Southern Peninsula	Grades 6-12	Exercise, eat well, sleep the normal ammout etc
Central Peninsula	Grades 3-5	Math,Sharing,Problem solving,
Central Peninsula	Grades 6-12	Honestly, I don't really do anything but listen to music.
Central Peninsula	Grades 6-12	i workout and run
Eastern Peninsula	Grades 3-5	eat healthy, be kind, be forgiving, love, help others, make friends
Central Peninsula	Grades 6-12	Do my work, study sometimes, chores, labor outside, games, friends
Central Peninsula	Grades 6-12	Sports, hydrate, and get an appropriate amount of sleep.
Central Peninsula	Grades 3-5	eat helthey do good desigens
Outlying Schools	Grades 6-12	I think I'm good at art related things and coming up with logical solutions.
Central Peninsula	Grades 6-12	Nothing
Central Peninsula	Grades 6-12	wash my hands
Central Peninsula	Grades 3-5	rast
Central Peninsula	Grades 3-5	I eat healthy and workout.
Southern Peninsula	Grades 3-5	apples
Central Peninsula	Grades 6-12	sports and work out
Central Peninsula	Grades 3-5	move around read listen work and exersise at jim
Eastern Peninsula	Grades 6-12	Have fun when I need to.

Central Peninsula	Grades 6-12	Staying active
Central Peninsula	Grades 3-5	I play basketball, soccer, track, cross country running, skiing, volleyball, softball, swimming, and horseback riding. I eat healthy food I am learning to play 3 instruments and I play outside every day.
Central Peninsula	Grades 6-12	I don't know i just go to school and work and eat when i get home from school and at work and when i get home from work.
Central Peninsula	Grades 6-12	Eat my dinner.
Central Peninsula	Grades 6-12	I exercise a lot, lifting weights and cardio are a big part of my life. music also helps me on a more psychological level.
Southern Peninsula	Grades 3-5	Unsure.
Central Peninsula	Grades 3-5	eat healthy
Central Peninsula	Grades 6-12	i play lots of sports
Central Peninsula	Grades 3-5	i take breaks during the school day and talk with my peers
Central Peninsula	Grades 3-5	exsirsie, eat heathy, play every day, don't drink puddles of the sidewalk and a good heathy dose of corn.
Outlying Schools	Grades 6-12	your mom
Southern Peninsula	Grades 6-12	I love to walk and be outdoors.i like to eat yummy AND healthy food. i love dance. i do not like to be a recess
Central Peninsula	Grades 6-12	I practically do nothing other the normal list.
Central Peninsula	Grades 3-5	I go to school, P.E., and biking.
Central Peninsula	Grades 3-5	I sum times i bring figits
Central Peninsula	Grades 3-5	hockey
Southern Peninsula	Grades 6-12	I walk to and from school, hang out with my friends, and eat 3 meals a day
Central Peninsula	Grades 3-5	I read I color in really detailed coloring books I throw sticks and snowballs I help carry heavy things around my house I scream in pillows I run around the school yard I play with my friends I talk to my friends I stay at my friends house for the night I crush water bottles I sit in a quiet room by my self I play video games I listen to songs that are sad I listen to happy songs I tell scary stories I stay at school past school hours for after school clubs, I like to play games with my siblings, I like to throw pillows on my bed.
Central Peninsula	Grades 3-5	eat vegetables. try to workout. drink lots of water.
Central Peninsula	Grades 6-12	I pet my cat, and I set goals and stick to them
Central Peninsula	Grades 3-5	i run ride my bik and water andeat
Outlying Schools	Grades 6-12	i go outside a lot and i go skiing and i play in the snow.
Central Peninsula	Grades 6-12	we should be able to wear hoods
Southern Peninsula	Grades 6-12	Nothing, and School doesn't help.
Central Peninsula	Grades 6-12	Sports and eating healthy drinking water trying new things.
Central Peninsula	Grades 6-12	Do sports
Central Peninsula	Grades 6-12	sleep
Central Peninsula	Grades 3-5	Go to bed early.Eat healthy food and i think if this is bad for me or not
Central Peninsula	Grades 6-12	Go outside, exercise
Eastern Peninsula	Grades 3-5	eat sleep read and play
Central Peninsula	Grades 6-12	Lisen to music and try and get out of school as soon as possible because it hurts my mental state not the school part but the people part. I play sports and that helps a bunch with clearing my mind.
Central Peninsula	Grades 6-12	I play sports
Southern Peninsula	Grades 6-12	sing
Central Peninsula	Grades 6-12	eat healthy. work out. stay focused.
Central Peninsula	Grades 3-5	I work a lot at home.When I get a assignmint I work on it.I participate in of all the activudy's.My teahcer's put in activudy's know and then.
Central Peninsula	Grades 3-5	Eat whatever my family gives me even if I do not like it. Eat 8 apples a day to keep the doc. away. And run about 6 times a day (not in gym or in any school activities). Go play outside with my dad (either snow machining or riding on bikes or going riding on a four wheeler. But for my outside activities and staying well is going hiking for 9 hours. And I want a field trip like that but shorter.
Central Peninsula	Grades 3-5	drink a lot of water take breaks eat snacks doodle drawings
Central Peninsula	Grades 3-5	Work out and be active all the time. hang out with my friend Milo and Sawyer Listen to music paint draw all the time I love doing basketball .listening to rap music all day.
Central Peninsula	Grades 6-12	not die
Central Peninsula	Grades 6-12	litterally nothing
Central Peninsula	Grades 3-5	etaing helthy
Central Peninsula	Grades 6-12	I frequently do exercise, and try to make healthy food choices.
Central Peninsula	Grades 6-12	Engage in sports, music, keep up the extracurricular activities to keep life interesting. I eat food, thats great, Type 1 diabetes isnt. Sleep is real nice too.
Central Peninsula	Grades 6-12	hang out with me bff nelyat and go to the hills
Central Peninsula	Grades 6-12	I play sports I make sure im doing whats good for me in health and body choices and I try to be around good people that make good choices
Central Peninsula	Grades 6-12	Staying active

Outlying Schools	Grades 6-12	i feed dogs, any dogs. i clean, i love my sister, and all of my other family. i make people laugh. i love cats and wolfs.i like to go swimming the end i love you guys
Southern Peninsula	Grades 6-12	I sometimes just take a break. I can't take power naps during the day, though, even at home. I just like that we have enrichment, clubs and sports to switch it up a little bit. While being in class is nice, it is a bit long and the breaks during the day definitely help with that.
Southern Peninsula	Grades 6-12	Drink Water Take a break after school Don't fall behind on work Go on 2 daily walks
Central Peninsula	Grades 6-12	I do one thing that I know I wouldn't like doing (like chores or whatever needs to be done) at least try to break a sweat from activities once a day. drink water juice and sometimes soda i mainly eat meat pasta or fruit. after that I guess jus basic hygiene
Central Peninsula	Grades 3-5	ride my bike play hockey drink water hunt hike walk go to school eat food workout and play outside.
Central Peninsula	Grades 6-12	I play basketball and baseball. Both for a school sport and outside of school.
Central Peninsula	Grades 6-12	use my forge and study Indo-European topics, Germanic especially
Central Peninsula	Grades 3-5	I drink water. eat food. and listen to my teachers and my friends. I also do gymnastics.
Outlying Schools	Grades 6-12	listen to music
Southern Peninsula	Grades 6-12	I eat well, exercise, and get adequate sleep.
Central Peninsula	Grades 6-12	i dont know
Central Peninsula	Grades 6-12	Some of the things I do to stay healthy are swimming, soccer, reading, battle of the books -we got tenth in state-, skiing - both downhill and cross country-, running, and eating healthy.
Central Peninsula	Grades 3-5	I go to Kick Boxing and eat helthly.
Central Peninsula	Grades 3-5	I run uranid before bed.
Central Peninsula	Grades 6-12	I stay well by running, eating healthy, going outside, and lowering my screen time
Central Peninsula	Grades 6-12	Exercise often Do activities with friends Go outside
Central Peninsula	Grades 6-12	I occasionally stay home from school and get sleep.
Eastern Peninsula	Grades 3-5	I exercise by swimming, bicycling and skiing. I think that I eat healthy, but I sometimes eat sweets!
Central Peninsula	Grades 6-12	Sleep.
Eastern Peninsula	Grades 6-12	I try to eat healthily and get enough exercise.
Southern Peninsula	Grades 6-12	I don't know what you mean
Central Peninsula	Grades 3-5	eat my vegetables,brush my teeth,get my work done.
Central Peninsula	Grades 6-12	I eat healthy and I workout.
Southern Peninsula	Grades 6-12	Workout
Central Peninsula	Grades 6-12	I wrestle to stay in shape.
Central Peninsula	Grades 6-12	sleep
Central Peninsula	Grades 6-12	play sports
Southern Peninsula	Grades 6-12	eat my flintstones vitamins
Central Peninsula	Grades 6-12	I go to the gym Eat good food play video games
Central Peninsula	Grades 3-5	I play games at recces
Central Peninsula	Grades 3-5	typing club epic multication.com prodigy lexie
Eastern Peninsula	Grades 6-12	I play outside a lot more now. I eat more healthy foods. Mostly bananas. Also I go to bed a little earlier now. So I wake up easier.
Central Peninsula	Grades 3-5	not getting in trouble around my teacher
Central Peninsula	Grades 3-5	playing a lot at home
Outlying Schools	Grades 6-12	Track, volleyball
Central Peninsula	Grades 6-12	walk sleep
Central Peninsula	Grades 6-12	soccer gaming drawing writing music and staying active
Central Peninsula	Grades 3-5	I run I eat good food I love my self I love my cat I play with my cat and am my self
Southern Peninsula	Grades 6-12	Eat some healthy foods
Central Peninsula	Grades 6-12	Work, weightlift, eat well, go on walks outside
Central Peninsula	Grades 6-12	take care of myself
Central Peninsula	Grades 3-5	workout eat drink
Eastern Peninsula	Grades 6-12	I try to eat well

Central Peninsula	Grades 6-12	Read Guitar practice Listen to music
Southern Peninsula	Grades 3-5	Take vitamins,work hard and have fun. I also sleep enough and know my family loves me.
Southern Peninsula	Grades 6-12	Drink water and lotus, and get lots of sleep.
Southern Peninsula	Grades 6-12	Athletics, working out.
Central Peninsula	Grades 6-12	work hard, stay focused
Central Peninsula	Grades 3-5	eat healthy
Central Peninsula	Grades 3-5	hockey. play with my sister .eat good food and only have candy on special days. hang out with friends.
Central Peninsula	Grades 6-12	sleep
Central Peninsula	Grades 6-12	Try to keep myself focused if I can
Central Peninsula	Grades 3-5	i exexcercise and eat lots of fruit
Central Peninsula	Grades 6-12	Nothing
Central Peninsula	Grades 6-12	eat a good food
Southern Peninsula	Grades 3-5	eat healthy
Eastern Peninsula	Grades 3-5	When I'm sick I stay home till I get better even if something fun is happening at school and I take dayquil. Even though I hate dayquil.
Central Peninsula	Grades 6-12	The types of things I do to stay well are: interact with people, give hugs, try to get a little exercise, read, have fun by playing games with my classmates, try to challenge myself in school, and i try to be as kind and nice as i can.
Southern Peninsula	Grades 6-12	exercise, eat healthy.
Central Peninsula	Grades 6-12	Ride my horse Hang out with friends Eat my favorite foods
Central Peninsula	Grades 3-5	Eat good foods and get exercise.
Southern Peninsula	Grades 6-12	move
Central Peninsula	Grades 6-12	I eat food or i go sleep or sometimes i go outside and walk or play with my siblings
Eastern Peninsula	Grades 6-12	eat healthy food, have fun, and workout
Central Peninsula	Grades 6-12	Workout and eat good
Southern Peninsula	Grades 6-12	Get good sleep, exercise, do things that bring me joy
Central Peninsula	Grades 6-12	Take brain breaks and try to stay away from trouble.
Central Peninsula	Grades 6-12	Drugs and alcohol
Central Peninsula	Grades 3-5	I eat and sleep on a schedule and eat healthy.
Central Peninsula	Grades 6-12	Drink more water and keep good connections with my friends.
Central Peninsula	Grades 3-5	The things I do to stay well is eat healthy.
Central Peninsula	Grades 6-12	sleep
Central Peninsula	Grades 6-12	No
Central Peninsula	Grades 3-5	i eat apples 4 times a day.
Central Peninsula	Grades 6-12	bike hockey
Central Peninsula	Grades 3-5	sometimes I eat healthy, I get lots of sleep
Central Peninsula	Grades 6-12	exercise
Southern Peninsula	Grades 6-12	School sports, take walks, read, eat healthy
Central Peninsula	Grades 3-5	SLEEP, EAT SOUP, DRINK WATER.
Central Peninsula	Grades 6-12	Spend time with my friends after school, ride my horse, listen to music, eat healthy, work out.
Southern Peninsula	Grades 3-5	I eat healthy foods.
Central Peninsula	Grades 6-12	sleep
Southern Peninsula	Grades 6-12	eat, drink water, exercise,
Central Peninsula	Grades 6-12	draw
Central Peninsula	Grades 6-12	i sing emo girl. i tried to copy and paste the lyrics but u guys wouldnt let me im really mad. this school is fucking gay yalll are gay i hate this school
Central Peninsula	Grades 6-12	eat as good as I can, keep in shape with volleyball, and try to go to bed when I have time
Central Peninsula	Grades 6-12	I see a physical therapist because I have problems with my feet. I go to the gym and exercise twice a week there (not the Kenai high school gym, the one offered to Alaskan Natives, like myself, in the Dena'ina Wellness Center). Additionally, I try to eat relatively balanced with limited salts, sugars, and fats. To keep my mental health in working order, I see a therapist twice a month who helps me to examine and work through my anxiety and depression when it comes to my perfectionism.
Central Peninsula	Grades 3-5	I try and figure out the problem and if i cant figure it out i will ask for a teachers help and probibly even a students help.
Central Peninsula	Grades 6-12	sleep
Eastern Peninsula	Grades 3-5	I go swimming, eat an extra helping of veggie occasionally and learn different hoola-hoop tricks! :D

Southern Peninsula	Grades 6-12	Sleep, eat fresh food, stay active.
Outlying Schools	Grades 6-12	i dont
Central Peninsula	Grades 6-12	play games, cook clean etc.
Central Peninsula	Grades 3-5	I eat healthy,take brakes,meditation,and I take my meds.
Eastern Peninsula	Grades 3-5	I try to eat more vegetables
Southern Peninsula	Grades 6-12	I sleep and I also shower and take care of my hygiene. I sometime eat my vegetables and drink water.
Central Peninsula	Grades 6-12	Get good sleep,
Central Peninsula	Grades 3-5	I eat lots of fruit vegies and meat sometimes. I also run a lot.
Central Peninsula	Grades 3-5	stay hellfey, eta hellfey without geting upset bc i do not want to do it but i need to so i can stay hellfey,
Outlying Schools	Grades 6-12	I eat healthy foods and get lots of exercise. School and spending time with loved ones keeps my mind well.
Outlying Schools	Grades 6-12	sleep
Central Peninsula	Grades 3-5	eating food healthy food listening eating carrots
Southern Peninsula	Grades 6-12	lots of sports
Central Peninsula	Grades 6-12	working out on a normal basis.
Central Peninsula	Grades 3-5	EAT MEAT
Southern Peninsula	Grades 6-12	Workout and eat healthy foods
Central Peninsula	Grades 6-12	I play sports that my school provides. I go to class. I do club sports. And I eat healthy
Central Peninsula	Grades 6-12	Open conversation between friends and family, writing, and art.
Central Peninsula	Grades 3-5	to stay well I do school sports when ever i am given the chanse and i go to the gym with my dad
Central Peninsula	Grades 3-5	I go to dance
Central Peninsula	Grades 3-5	Eat food that is good for me and do not eat bad some time. I help my class win they fill bad.
Central Peninsula	Grades 6-12	Interact with people that I am close to such as family and friends.
Southern Peninsula	Grades 3-5	eat cheese
Central Peninsula	Grades 3-5	to do my best every time
Central Peninsula	Grades 6-12	Nothing
Central Peninsula	Grades 3-5	I like to walk my dog,Jessie. I like to type, I like to make breakfast foods, and I LOVE to hang out with one of my only friends out of school, Mirah.
Outlying Schools	Grades 3-5	Practice to reach my goals
Central Peninsula	Grades 6-12	Eat healthy, move around, being around people who are positive and are my friends.
Southern Peninsula	Grades 6-12	I am not well
Central Peninsula	Grades 6-12	Art, board games, movies, video games, sleep, stare at things, and playing with my dogs/going on a walk.
Central Peninsula	Grades 3-5	EAT WELL.
Southern Peninsula	Grades 6-12	Well i will sit down and take a deep breath and try to better.
Southern Peninsula	Grades 6-12	Listen to music, draw to de-stress, do something I enjoy doing.
Southern Peninsula	Grades 6-12	Read, Write, listen to music or write my feelings down to get rid of stress, use my scream box to let feelings out
Central Peninsula	Grades 3-5	rarly get sick
Central Peninsula	Grades 3-5	sometimes workout eat healthy run alot
Central Peninsula	Grades 6-12	go to wrestling practice, meditate, run, and sleep
Central Peninsula	Grades 3-5	i dont know
Southern Peninsula	Grades 6-12	keep up on hygine
Southern Peninsula	Grades 6-12	Workout ride my bike get out of school and my house to get fresh air.
Central Peninsula	Grades 6-12	I read and work out. i also do sports
Central Peninsula	Grades 6-12	I talk to people and eat food to stay healthy Periodddddd
Central Peninsula	Grades 3-5	sometimes I do my brothers workout with him witch includes like 20 push ups and its like 15 pull ups
Central Peninsula	Grades 6-12	i dont know
Central Peninsula	Grades 3-5	Brush my teeth, take a shower, read a bedtime story, sleep, and eat food.
Southern Peninsula	Grades 6-12	play sport and eat healthy
Central Peninsula	Grades 6-12	i go outside play with my siblings and talk to my parents and loved ones
Central Peninsula	Grades 3-5	get good rest eat healthy[sometimes] stay clean[showers] so yea that is what i do to stay clean well what i do sometimes ok bye.
Central Peninsula	Grades 6-12	I hang out with my friends to make everything okay
Outlying Schools	Grades 6-12	gym,football,basketball,breaks, and snack
Central Peninsula	Grades 6-12	I maintain my hobbies and preserve my peace by living an intentional and meaningful life.
Eastern Peninsula	Grades 3-5	Eat fruits and vegetables. Learn new things in class. Try to listen to directions. Tell myself to keep going
Central Peninsula	Grades 6-12	Taking walks, jogging, spending times with friends

Central Peninsula	Grades 6-12	I get good sleep, go to bed at a decent time, and my mom makes really good meals. hang out with friends, play on xbox, and try to make new friends
Central Peninsula	Grades 6-12	I love my dance studio and that helps me stay fit and i eat somewhat healthy.
Southern Peninsula	Grades 6-12	Hang out with friends, exercise, and get hugs from my parents.
		-look at the stars/nature/ect
		-be in the moment
Central Peninsula	Grades 6-12	-talk to those i love
Central Peninsula	Grades 6-12	I try to stay caught up and hangout with my freinds
Central Peninsula	Grades 6-12	Well, I use my coping skills when I get frustrated or talk to an adult.
Southern Peninsula	Grades 6-12	hang out with friends, communicate my feelings, eat well, go to the gym, get good sleep, not being on my phone a lot, i love to go outside and I love nature.
Central Peninsula	Grades 3-5	eat healthy eat fruit
Southern Peninsula	Grades 6-12	Sports, physical activity
Central Peninsula	Grades 6-12	I'm not entirely sure about this one.
Outlying Schools	Grades 6-12	sleep
Central Peninsula	Grades 3-5	play out, bake, hang out with my family
Central Peninsula	Grades 3-5	talk to my teacher to be happy and at recess to have fun with my teacher
Southern Peninsula	Grades 6-12	eat, drank water, work out, leave people who want to be left alone alone
Central Peninsula	Grades 3-5	I see if I am doing the right thing so I can stay safe.
		Get lots of outside activitys
		Get lots of water
		Get lots of oxygen
Southern Peninsula	Grades 6-12	eat good food
Central Peninsula	Grades 6-12	hang out with friends and try to eat healthy
Southern Peninsula	Grades 3-5	I do physical activities and eat healthy food and try my best. At home I like to read, play volleyball, play, run, play soccer, and lots more activities. I make sure I get enough water and the nutrients I need. At night I make sure to sleep well and not get up too early. I also like to practice playing instruments, like the ukulele and piano.
Central Peninsula	Grades 6-12	I do not do much because we don't have the resorces to do so.
Central Peninsula	Grades 6-12	stay active, stay social
Central Peninsula	Grades 3-5	well if it means by being not sick well,i eat healthy and drink water and take frequent showers.
Southern Peninsula	Grades 6-12	Work out in the mornings
Southern Peninsula	Grades 3-5	I do push ups and gym and eat vegetables
Southern Peninsula	Grades 6-12	school sports
Central Peninsula	Grades 3-5	unknow
Central Peninsula	Grades 6-12	workout and hangout with freinds
Outlying Schools	Grades 3-5	I drink lots of water. I play outside. I eat healthy. and I exercise.
Central Peninsula	Grades 6-12	Nothing.
Central Peninsula	Grades 6-12	drawing, playing video games, and talking about things that I have in common
Central Peninsula	Grades 6-12	Play basketball and eat salad.
Central Peninsula	Grades 3-5	playing outside and being in class with my friends
Central Peninsula	Grades 6-12	none ya business, but just so you know my dads john quick, was commissioner, he owns 12 podcasts, and helps with one, and he used to be the mayor's assistant.
Central Peninsula	Grades 3-5	drink lots of water. Eat lots of good food
Central Peninsula	Grades 6-12	I stay well by exercising and playing sports.
Central Peninsula	Grades 3-5	sleep and eat
Southern Peninsula	Grades 6-12	I eat my breakfast every morning.
Central Peninsula	Grades 6-12	I eat healthy foods and exercise a lot.
Central Peninsula	Grades 6-12	I do sports, eat healthy, hang out with friends, go outside, and just do things that make me happy.
Eastern Peninsula	Grades 3-5	snow boarding,biking,drawing,swimming,reading books.
Central Peninsula	Grades 3-5	eat 3 meals a day for all 5 days
Central Peninsula	Grades 3-5	I try to be calm, I try to be my best, I take deep breaths and try to make things fun for me so I stay well.
Central Peninsula	Grades 3-5	Eat healthy and exercise
Central Peninsula	Grades 6-12	hockey
Central Peninsula	Grades 6-12	exersize
Central Peninsula	Grades 6-12	work out

Central Peninsula	Grades 6-12	move. exercise, learn.
Eastern Peninsula	Grades 3-5	play out side. stay active.
Southern Peninsula	Grades 6-12	Try to value sleep over work to a certain point
Outlying Schools	Grades 6-12	basketball team, the teachers,the pricipal,the students
Southern Peninsula	Grades 6-12	Go outside and talk with those that love and support me
Outlying Schools	Grades 6-12	go to bed at a good time
Southern Peninsula	Grades 6-12	I do my best to get lots of sleep and drink water. And I also have a planner to stay organized
Central Peninsula	Grades 6-12	talk to people
Southern Peninsula	Grades 6-12	I try to stay home when im sick and play video games, board games, and eat good dinner.
Southern Peninsula	Grades 3-5	Wene we have the skoole geasz brager i buet ledis on it.
Central Peninsula	Grades 6-12	play sports, eat salads and healthier foods
Central Peninsula	Grades 6-12	good grades, socializing, eat well, exercising
Central Peninsula	Grades 6-12	I take small breaks and i relieve stress by cooking, drawing, reading, sewing, or listening to music. And I sometimes, when allowed to, walk somewhere during the weekends like the park, my grandmas, or the library, i like eating fruits such as apples, oranges, or bananas
Eastern Peninsula	Grades 3-5	exercise and eat healthy.
Central Peninsula	Grades 6-12	I work out with my football team. I eat healthy. I stay happy.
Central Peninsula	Grades 3-5	calm down and stay calm
Southern Peninsula	Grades 6-12	I get sleep, drink water, eat food
Central Peninsula	Grades 3-5	eat healthy foods and run around at recess
Central Peninsula	Grades 3-5	i wil tack dep breths
Central Peninsula	Grades 6-12	Be very active at school and at home,read as much as I can,keep good relationships with my friends, and try to be a pleasant person to others.
Central Peninsula	Grades 3-5	Take a break,breath,and sit down.
Central Peninsula	Grades 6-12	eat mostly healthy food and exercise by doing things like going outside or shoveling, taking small walks.
Central Peninsula	Grades 6-12	exercise
Southern Peninsula	Grades 6-12	play sports watch sports
Central Peninsula	Grades 6-12	i lick to plas baceball and go for runs
Central Peninsula	Grades 3-5	("what type of things do you do to stay well?" i'm pretty sure well as in happy?) well i talk to my friends and i love to ice scate! the only thing is that my friend (not saying who) has been hanging out with another person (also not saying who) i know that becuase at lunch my friend will sit somewhere else or will hug the other person infront of me and wont hug me... or at resess my friend will ask me "why wont you hang out with us at resess" i say "idk" but really on the inside i feel that my friend will just leave me behind and it breaks my hear </3
Central Peninsula	Grades 3-5	unsore
Central Peninsula	Grades 6-12	not a lot. i do not try hard to take care of myself or my education.
Central Peninsula	Grades 6-12	i make sure to sustain good grades to help with my future career.
Central Peninsula	Grades 6-12	I don't wish to answer.
Central Peninsula	Grades 6-12	Do sports
Southern Peninsula	Grades 3-5	Think about things i like.
Central Peninsula	Grades 3-5	sleep,and eat healthy
Outlying Schools	Grades 6-12	clean my clothes take shower
Central Peninsula	Grades 3-5	eat healfy food
Central Peninsula	Grades 3-5	eat healthy food and get exercise
Central Peninsula	Grades 6-12	shower 6 times a week, eat lots of fruits, keep my face clean, run, shovel snow with my father, work, help my grandma, and think about things that could happen.
Central Peninsula	Grades 3-5	try to work out and eat heathy
Central Peninsula	Grades 6-12	Take breaks when necessary. Get some extra sleep.
Central Peninsula	Grades 6-12	Make a mental checklist
Central Peninsula	Grades 6-12	hockey and chess
Central Peninsula	Grades 3-5	Some things I do to stay healthy are swimming, skiing, and reading.
Central Peninsula	Grades 6-12	running, working out, and eating heathly.
Central Peninsula	Grades 6-12	eat sleep shower try my best at every thing i do.
Central Peninsula	Grades 6-12	take a nap, zone out, eat healthy
Southern Peninsula	Grades 3-5	we run a lot in PE and at recess we also get pretty healthy hot lunches but at home i practice spelling a lot i walk outside and yeah
Southern Peninsula	Grades 6-12	eat less junk food and work out frequently to get in shape and more healthy

Central Peninsula	Grades 6-12	Shower
Southern Peninsula	Grades 6-12	have some chocolate chocolate chip
Central Peninsula	Grades 6-12	exercise and have a healthy diet and participate in school sports
Southern Peninsula	Grades 6-12	Probably just being with friends. Or do something that will succeed like sewing or baking because it'll make me happy if it turns out good.
Southern Peninsula	Grades 6-12	To stay well, I do what I know will make ME happy, not other people.
Southern Peninsula	Grades 6-12	i ski and ride bikes
Southern Peninsula	Grades 6-12	Try to sleep more and communicate better with others. Tried to eat more fruit and peanuts as a snack.
Southern Peninsula	Grades 6-12	Just try my best because that's all anyone can ask of me.
Central Peninsula	Grades 6-12	I listen to music and make fake scenarios in my head for no reason. and eat food.
Central Peninsula	Grades 6-12	Staying caught up with school work
Central Peninsula	Grades 6-12	hockey
Southern Peninsula	Grades 6-12	Eat healthy foods, which the school no matter what has horrible greasy food. GIVE US HEALTHY FOOD.
Eastern Peninsula	Grades 6-12	Exercise/play sports.
Southern Peninsula	Grades 3-5	to take a break on something you like
Central Peninsula	Grades 6-12	eat work out have fun be better
Central Peninsula	Grades 6-12	I figure skate and ride fourwheelers
Central Peninsula	Grades 6-12	Exercise, eat well, sleep, and do things I enjoy.
Central Peninsula	Grades 3-5	Math,gym,and reading
Central Peninsula	Grades 6-12	sleep, game, relax.
Central Peninsula	Grades 6-12	clean, listen to music, draw, play video games, ect.
Central Peninsula	Grades 6-12	Sports, Eat, Hang out with friends and family, and sleep
		Take breaks from friends
		Eat healthy
		Take medicine
		Listen to music
		Draw
		Read
Southern Peninsula	Grades 6-12	Take showers
Central Peninsula	Grades 6-12	eat healthy ish, get 7 to 9 hours of sleep, do homework, interact with people
Southern Peninsula	Grades 6-12	Drink water, get enough sleep, eat healthy, and get exercise.
Central Peninsula	Grades 3-5	I try my hardest to eat healthy and work on staying fit. I try to help others be well too.
Central Peninsula	Grades 3-5	Eat health thing/meat
Central Peninsula	Grades 6-12	i eat breakfast and i mostly stay to myself or talk to my friend in class if the teacher says we can talk and work together
Central Peninsula	Grades 6-12	crochet
Central Peninsula	Grades 3-5	Things I do to stay well are to eat the healthy food my mom makes me and to try not to go overboard when sweet foods are offered. I also practice well in the sports I do.
Central Peninsula	Grades 6-12	Go outside go for walks. Workouts and eat healthy most of the time. Go take naps. And often hang with friends and read.
Central Peninsula	Grades 6-12	Make fun of my teachers, think about how stressful the work is, think about how LEVI is going to yell at me and call me stupid, think about how michelle is going to yell at me this time, think about the fact that everyone here.
Central Peninsula	Grades 3-5	keeping myself on top of things,choosing the right choices,and eating healthy MOST OF THE TIME
Central Peninsula	Grades 6-12	Eat healthy and do excersize
Central Peninsula	Grades 6-12	A lot of stuff
Central Peninsula	Grades 3-5	thank u welcome hi bye help
Central Peninsula	Grades 6-12	i walk, sleep, eat, repeat. also every tuesday i do dance :)
Eastern Peninsula	Grades 6-12	I like to stay active and run around to practice for stuff I'm doing and play computer games once in a while, but I love going outside even if it is raining or snowing.
Central Peninsula	Grades 6-12	tak won do
Central Peninsula	Grades 3-5	I do activedes and eat heathy
Central Peninsula	Grades 6-12	Listen to music and play games
Southern Peninsula	Grades 6-12	I play lots of sports and eat lots of fruit and vegetables
Central Peninsula	Grades 3-5	So wat i do to ceap myself helthy I eat helthey food.NNNNNNNNoOOOOOOOO drenkes
Central Peninsula	Grades 6-12	Eat healthy, exercise, and yourmom
Central Peninsula	Grades 6-12	Workout stretch
Eastern Peninsula	Grades 3-5	take my vitmans

		here is a list of things that I do to stay well/ healthy 1. soccer 2. dance 3. playing outside 4. other stuff that makes me happy
Central Peninsula	Grades 3-5	
Southern Peninsula	Grades 3-5	exercise, eat healthy, and social activities
Southern Peninsula	Grades 6-12	go outside get exercise
Central Peninsula	Grades 6-12	I used to play basketball, but now that the season is over I workout on my own time at my house. I try to eat healthy, and keep productive, and try to learn new things to keep my mind active as well as by body.
Central Peninsula	Grades 6-12	nothing, I'm not well
Eastern Peninsula	Grades 3-5	Exercise, eat healthy, wash my hands and stay home when i'm sick.
Central Peninsula	Grades 6-12	
Central Peninsula	Grades 3-5	I go on walks every day to a park that I live close to. I am not always on electronics im usually upstairs with my family or outside.
Eastern Peninsula	Grades 6-12	I do at least one extracurricular activity every day and I enjoy playing outside with my family and pets.
Central Peninsula	Grades 3-5	take vitamins in the morning, brush my teeth 2X every day, [NOTE: The following are things I do when I'm sick.] take medicine, alert mom if I need something, and nap A LOT!
Central Peninsula	Grades 3-5	eat good, exercise
Central Peninsula	Grades 6-12	Drink Water
Central Peninsula	Grades 3-5	I try my best, give my best guest, accept the decisions the school make, and usually follow the rules.
Central Peninsula	Grades 3-5	pract my math
Outlying Schools	Grades 6-12	I listen to music, draw in my notebooks, hang out with friends, play video games or really anything that distracts me from everything.
Central Peninsula	Grades 3-5	I try not to eat junk food. I try to eat healthy food to stay healthy. I still do sometimes eat junk food but not all the time.
Central Peninsula	Grades 6-12	play sports and do outdoor activities at home
Southern Peninsula	Grades 3-5	I drink water, and I do things.
Central Peninsula	Grades 6-12	talk to friends
Central Peninsula	Grades 6-12	play sports
Central Peninsula	Grades 6-12	sports, work out, drink water eat good food, sleep
Central Peninsula	Grades 3-5	Playing with my pets or cuddle them, I will read for a couple hours to make myself feel better.
Central Peninsula	Grades 6-12	exercise and eat healthy food sometimes.
Central Peninsula	Grades 6-12	I can draw well, I'm good at graphs in math, and I'm good with students that need help
Central Peninsula	Grades 3-5	think about my family hope for the future talk to my friends. :)
Central Peninsula	Grades 3-5	eat healthy food put a hat on outside
Central Peninsula	Grades 6-12	Go to school, drink water, eat food, have exercise, and spend time with family.
Central Peninsula	Grades 6-12	At school i play tag with friends and at home i draw rollerblade and read
Central Peninsula	Grades 6-12	Work out, hang with my friends
Central Peninsula	Grades 6-12	I stay away from things that affect my asthma. For example, smoke. The bad kind. Another thing I do is I try and do my very best that I can do in sports and PE. I push myself until i cannot go anymore.
Southern Peninsula	Grades 6-12	swimming, eating healthy, masking shore to stay fit
Central Peninsula	Grades 3-5	I try to be a lot more active
Central Peninsula	Grades 6-12	gaming and youtube
Eastern Peninsula	Grades 6-12	I get enough sleep, eat good, etc. Just basic healthy stuff. Mentally, I meditate, do puzzles, and lucid dream.
Central Peninsula	Grades 6-12	i sleep and eat 1x a day
Central Peninsula	Grades 6-12	gym
Central Peninsula	Grades 6-12	I sleep, eat, and drink water
Central Peninsula	Grades 3-5	I make sure to listen very closely in school to know what to do.
Central Peninsula	Grades 6-12	sleep, eat healthy, and be active
Central Peninsula	Grades 6-12	I read and do origami while ignoring my math homework that was due last month
Eastern Peninsula	Grades 3-5	Eat healthy food. Drink a bunch of water, and I eat lozenges that are medicine that helps you feel good.
Outlying Schools	Grades 3-5	sleep eat
Central Peninsula	Grades 3-5	eat healthy stuff
Central Peninsula	Grades 6-12	I go for walks on the weekends with my mom's cats. I also like to go to gym every chance I get.
Central Peninsula	Grades 6-12	Gym, eating fiber, hanging out with friends.
Southern Peninsula	Grades 6-12	try to stay caught up in all my classes and if i dont understand something ask for help
Southern Peninsula	Grades 6-12	unsure

Central Peninsula	Grades 6-12	Hang out with people that I trust.
Central Peninsula	Grades 6-12	sleep
Central Peninsula	Grades 3-5	I stay passionate for learning eat healthy and be safe
Central Peninsula	Grades 6-12	just dance
Outlying Schools	Grades 3-5	eat good food make smart choses try my hardest
Central Peninsula	Grades 6-12	staying helthy
Central Peninsula	Grades 6-12	Take healthy pills
Central Peninsula	Grades 6-12	Play hockey eat salad and apples and lplay outside with my friends
Southern Peninsula	Grades 6-12	Play baseball and sports, have outings with friends, give myself a break to watch a tv episode or have an hour or so of recreational time.
Southern Peninsula	Grades 6-12	Walking, variety-filled diet, try to get significant sleep, relieve stress, self-care
Central Peninsula	Grades 3-5	I eat healthy, stay active, drink water
Central Peninsula	Grades 6-12	walking
Central Peninsula	Grades 6-12	exercise and sleep
Southern Peninsula	Grades 6-12	we have a class where I am able to work out and work on my health, in our gym, we have a weight station with weights going from 2.5 lbs to 45 lbs 2 15 lbs bars, and 2 45 lbs bars. When I am at home I run on a treadmill for about 30 minutes, just before I go to school I like to make a protein shake, i also sometimes also use pre-workout.
Central Peninsula	Grades 3-5	calm myself down do math draw calming go noodle go out side go to mrs kings class
Southern Peninsula	Grades 6-12	eat one less cookie than i want to. (this is almost impossible)
Central Peninsula	Grades 6-12	eat healthy, exersize, and sleep 8 or 9 hours everyday
Central Peninsula	Grades 6-12	Nothing
Central Peninsula	Grades 6-12	Nothing
Central Peninsula	Grades 6-12	sports, fishing, hiking, hunting, hanging out with friends
Central Peninsula	Grades 6-12	Eat food, exercise, meditate
Central Peninsula	Grades 3-5	keep my mind busy so I don't keep having thoughts of aggression and violence.
Central Peninsula	Grades 6-12	Track, spend time with animals, walks, etc...
Central Peninsula	Grades 3-5	sprottyi45hgyultq.aeifudtvc
Central Peninsula	Grades 3-5	Eat healthy foods, Exersize, play outside, NOT PLAY VIDEO GAMES.
Central Peninsula	Grades 6-12	meditation
Central Peninsula	Grades 6-12	I sleep a lot, also taking care of my physical hygiene.
Southern Peninsula	Grades 6-12	sleep
Central Peninsula	Grades 3-5	I do HOCKEYY
Southern Peninsula	Grades 6-12	I consider myself a hygienic person, and I try to stay clean and healthy. I am also active, I do at least 2 advanced ballet classes a week, as well as track and field 5 times a week.
Southern Peninsula	Grades 6-12	I stay active in sports and get enough sleep. Take medicine when needed also.
		sports
		art
		write
		stay busy with school work
Central Peninsula	Grades 6-12	after school academy
Central Peninsula	Grades 3-5	I eat healthy foods,I go to cheer every wendsday,I play outside and run around.
Central Peninsula	Grades 3-5	I eat hethy
Southern Peninsula	Grades 6-12	I go outside as often as possible
Central Peninsula	Grades 3-5	eat sleep exercise have fun and learn
Central Peninsula	Grades 6-12	Play basketball, walk around outside after dinner, soak up lot's of sun, get as much sleep as I can, and talk to people when I am unsure of something.
Central Peninsula	Grades 3-5	Make sure I eat healthy, get lots of rest, and be social.
Southern Peninsula	Grades 6-12	take vitamins, and eat healthy
Southern Peninsula	Grades 6-12	I drink a lot of water. Make sure I eat at least twice a day. Get enough sleep.
Central Peninsula	Grades 3-5	nothing really
Central Peninsula	Grades 3-5	watch TV, play with my puppies
Central Peninsula	Grades 6-12	i sleep
Outlying Schools	Grades 3-5	sta fet eet hathe foods go ot sid and breth the frashe ar
Central Peninsula	Grades 6-12	physical activity, hydrate, take my meds
Central Peninsula	Grades 6-12	make robots
Central Peninsula	Grades 6-12	I eat breakfast every morning and drink a lot of water. I also make sure I come to school prepared by preparing the night before.
Southern Peninsula	Grades 6-12	idk

Southern Peninsula	Grades 6-12	i do puzzels
Outlying Schools	Grades 6-12	paint, draw, breathing exercises, and spend time alone.
Central Peninsula	Grades 6-12	I do fun things. I keep my self in check out of trouble and take care of my self.
Central Peninsula	Grades 6-12	Hang with friends, do club and school sports, and eat and sleep as much as I can.
Central Peninsula	Grades 6-12	Workout
Central Peninsula	Grades 3-5	Eat healthy and drink water
Central Peninsula	Grades 6-12	Games, Avoiding certain students in my grade level
Central Peninsula	Grades 6-12	sleep and chill out
Southern Peninsula	Grades 6-12	being active in and out of class along with physicle activity
Southern Peninsula	Grades 6-12	I exercise, eat healthily, get enough sleep, take care of my personal hygiene, and do things that make me feel better.
Outlying Schools	Grades 6-12	play games
Central Peninsula	Grades 6-12	I cut back on food and I take the dogs for a walk and I take a shower and clean my room.
Central Peninsula	Grades 6-12	Sports and activities and art
Central Peninsula	Grades 6-12	Go to bed early
Southern Peninsula	Grades 6-12	try to hang out with friends as much as possible
Southern Peninsula	Grades 6-12	going on walks and litsening to music
Southern Peninsula	Grades 3-5	I think playing soccer help,s me stay well
Central Peninsula	Grades 3-5	keep trying
Southern Peninsula	Grades 6-12	keep a good schedule, know when I need to do something than do it, I use my free time to do homework and if I do not have any I take leisure time to relax. I also like to maintain a stable/scheduled self care retinue i.e. brushing teeth, skin care, showers, etc.
Southern Peninsula	Grades 6-12	I try to eat well, give myself quiet time, try to sleep enough.
Central Peninsula	Grades 6-12	Exercise, eat healthy, drink lots of water, go for walks, etc.
Central Peninsula	Grades 3-5	i don't eat crap and i make i get at least 8 hours of sleep
Eastern Peninsula	Grades 3-5	Yoga, foraging, and spending quality time with my dog all help my mind and body feel happy and keep my mind off of other things.
Central Peninsula	Grades 6-12	Sex, drug and alcohol
Southern Peninsula	Grades 6-12	eat, drink, exercise, sleep, not drugs
Eastern Peninsula	Grades 6-12	Sports, eat healthy, go outside, take vitamins
Central Peninsula	Grades 3-5	I workout at the gym
Central Peninsula	Grades 6-12	I exercise and I eat healthy. I also take brain breaks and stretch in class when my body needs me to. I also ask Mrs. Carter if she needs help or not or when she needs to do something. I also ask Mrs. Carter if I can do things or not.
Central Peninsula	Grades 6-12	I eat healthy foods and I get lots of sleep.
Central Peninsula	Grades 6-12	basketball
Eastern Peninsula	Grades 6-12	To walk a way from a problem or someone doing something friendly .
Outlying Schools	Grades 3-5	I dont know but you can eat healthy not to much sweets and salty food or snacks. :
Central Peninsula	Grades 6-12	I like to use games to escape reality so i don't have to worry about whats happening currently and its a way i past the time since i have no friends to hang out with.
Central Peninsula	Grades 3-5	make shure there is no mold on my food insted of popping it in my mouth.
Southern Peninsula	Grades 6-12	gay sex to become m
Central Peninsula	Grades 6-12	it was ok
Central Peninsula	Grades 3-5	eat healthy and sometimes when i'm stressed i always keep some kind of small fidget in my desk.
Central Peninsula	Grades 3-5	and when i feel like i need to get some things out of my mind i either talk to the teacher about it or my best friend. but i feel like i can talk to my best friend about more things because i've known them longer.
Central Peninsula	Grades 3-5	read eat helthy do math
Central Peninsula	Grades 6-12	when my brother is practicing for wrestling I go work out
Eastern Peninsula	Grades 6-12	do sports and eat food
Central Peninsula	Grades 3-5	think happy thought's
Central Peninsula	Grades 6-12	I eat lots of carrots with giant bottles of homestyle ranch. I eat elder berry gummies and take vitamin d pills. I crack my back. I try to sleep. Eat Styre's dog. Shoot things with my bow at northern simulators. Try Shoot my neighbors giant pit bull that attacks everyone. Eat dead cats that I find on the side of the road. Shoot bugs with my asault gun. Bite dogs feet that taste like corn. I eat bugs that i find in my herb garden. i kill cats to eat them. i love BACON!!!!!!!!!!!!!!!
Central Peninsula	Grades 6-12	listen to music and journal every day
Southern Peninsula	Grades 6-12	i play sports so i do not become heavy and participate in PE (do what is asked and learn to enjoy working out
Central Peninsula	Grades 3-5	I do my best work and act good
Central Peninsula	Grades 6-12	sports
Southern Peninsula	Grades 6-12	I go out for walks, meditate at home, write in my journal, listen to music, drink a decent amount of water, eat what and when my body needs, and I keep to myself.

Eastern Peninsula	Grades 3-5	brush your teeth
Southern Peninsula	Grades 6-12	I do sports, talk to people I care about, and I eat healthy.
Central Peninsula	Grades 3-5	sports and I run a lot
Southern Peninsula	Grades 3-5	I make my self calm by closing my eyes!!!
Eastern Peninsula	Grades 3-5	eat good sleep well have fun learning
Central Peninsula	Grades 6-12	eat.
Central Peninsula	Grades 3-5	Hockey, school, and exersize
Central Peninsula	Grades 6-12	sleep
Outlying Schools	Grades 6-12	play football walk around the school for classes
Central Peninsula	Grades 3-5	eat, drink water, sometimes exricise.
		Athletics
		Distractions from reality
		Jesus
Central Peninsula	Grades 6-12	Sleep
Central Peninsula	Grades 6-12	this school has overall helped my life in many ways. i had failed all classes at my past school as well as learning next to nothing. at this school i feel as if im actually learning and i have been opened to many more oppertuitys job wise carrear wise and so much more.
Central Peninsula	Grades 3-5	practice
Central Peninsula	Grades 6-12	I hangout with my friends and family, takes baths and focus on myself
Central Peninsula	Grades 3-5	brain breaks if I get to focucest I will get a headace and mayme a meltdown.
Southern Peninsula	Grades 6-12	
Central Peninsula	Grades 3-5	play fortnite with my friends and when I snow mobile on the road with my mom and my sister I like to shake the back of the snow mobile at my mom and my sister
Central Peninsula	Grades 6-12	Sleep and nature time
Central Peninsula	Grades 6-12	sports
Central Peninsula	Grades 3-5	eat food and drink water
Central Peninsula	Grades 6-12	I try to get at least 7 hours of sleep, i eat before school, i stay socialy active, and i join school activities: Track, clubs, etc.
Central Peninsula	Grades 3-5	I play lot's of sports, and I get lot's of fresh air and spend time outside. I also spend lot's of time with my animals and friends.
Central Peninsula	Grades 6-12	Play sports during school
Central Peninsula	Grades 6-12	workout, play sports like basketball, football, and just run and stay fit.
Central Peninsula	Grades 3-5	run walk
Southern Peninsula	Grades 6-12	sleep
Southern Peninsula	Grades 3-5	Playing outside and diging hols!
Central Peninsula	Grades 6-12	play outside have a snack
Southern Peninsula	Grades 6-12	I always stay positive and try to make others feel positive
Central Peninsula	Grades 6-12	heg
Central Peninsula	Grades 6-12	Sleep, eat, hangout with friends
Central Peninsula	Grades 6-12	I try to eat two meals a day and make sure to at least get 4 hours of sleep a night so that i can function at school. I also set goals for myself for school work whenever i begin falling behind
Southern Peninsula	Grades 6-12	I play sports, go to a group therapy thing, and don't eat crap like Mcdonalds every day.
Central Peninsula	Grades 3-5	Help others
Southern Peninsula	Grades 6-12	i participate in sports and try to do the most active i can be
Central Peninsula	Grades 3-5	Drinking water, eating healthy, exercising,
Central Peninsula	Grades 6-12	stay hydrated and healthy
Central Peninsula	Grades 6-12	Eat Healthy and Exercise very often and get decent sleep time
Outlying Schools	Grades 3-5	if I'm sick I stay home and drink lots of water and rest.
Central Peninsula	Grades 3-5	vegblls and frot
Central Peninsula	Grades 3-5	I run,work out,play with my friends and eat good food.
Central Peninsula	Grades 6-12	stay active in my sports throughout the year,
Central Peninsula	Grades 6-12	try to eat healthy
Central Peninsula	Grades 3-5	sleep tumms medddcin eat food drink water
Central Peninsula	Grades 3-5	The things I do to stay well is I wash my hands ever time i get the time.
Central Peninsula	Grades 6-12	Physical activities such as sports.
Central Peninsula	Grades 6-12	eat good take breaks through out the day hang with friends and work out
Central Peninsula	Grades 6-12	eat healthy workout

Central Peninsula	Grades 6-12	wrestling
Eastern Peninsula	Grades 3-5	Eat healthy! stay active. school work. and nother things i dont really know how to explain
Central Peninsula	Grades 6-12	sleep
Southern Peninsula	Grades 3-5	exersize, eat mostly helthy, study, play hard, learn new things
Central Peninsula	Grades 6-12	eat sleep listen to music relax and play video games
Central Peninsula	Grades 3-5	less work due on Friday
Southern Peninsula	Grades 6-12	sleep
Central Peninsula	Grades 6-12	i cuddle with my dog when i'm sad. i also try to play games with my brother but he rarely plays with me. i talk to my best friend on call. but normally i just eat and watch videos to distract me from stuff, or i sit alone and listen to music.
Central Peninsula	Grades 6-12	eat,sleep, try my best to keep a good schedule and maybe a few other things
Central Peninsula	Grades 3-5	I exercise, and eat healthy foods, and get in to sports, and try not to stare at a screen all day.
Central Peninsula	Grades 6-12	Video games.
Central Peninsula	Grades 3-5	i don't know
Southern Peninsula	Grades 6-12	I exercise every day and eat well. I actively work on preventing negative self talk.
Central Peninsula	Grades 6-12	I try not to get hurt and I drink lots of water.
Central Peninsula	Grades 3-5	I play foot ball and I go to school
Central Peninsula	Grades 6-12	I eat healthy, at least once a week i check my grades and make sure their good.
Central Peninsula	Grades 6-12	stay in sports
Central Peninsula	Grades 6-12	horses
Central Peninsula	Grades 3-5	i do gymnastics & cheer. drink water eat heathy food. watch my wait & work out
Central Peninsula	Grades 6-12	music sports friends
Central Peninsula	Grades 3-5	eat healthy, brush my teeth, and take showers.
Central Peninsula	Grades 6-12	sleep
Central Peninsula	Grades 6-12	I make sure I sleep enough and eat at least 3 times a day.
Central Peninsula	Grades 6-12	go to bed on time, eat relatively healthily etc.
Central Peninsula	Grades 6-12	I go on walks and listen to music when i am stressed to clear my mind
Central Peninsula	Grades 3-5	I like being with my cats
Eastern Peninsula	Grades 3-5	I read , I eat healthy things like lettuce and everything my parents give me ,I banned nuttella from my diet because one of its ingredients is palm oil,
Central Peninsula	Grades 3-5	not get in trouble
Central Peninsula	Grades 6-12	Things I do: Run Exercise Go outside Eat Healthy Not eating horrible things
Central Peninsula	Grades 3-5	Eat, Drink, Run, Walk, Brush my teeth, Take showers like everyday,
Central Peninsula	Grades 3-5	I do jiu-jitsu and I mostly eat healthy.
Central Peninsula	Grades 6-12	talk to myself
Central Peninsula	Grades 6-12	Sports, and being around my friends.
Central Peninsula	Grades 3-5	play outside stay active eat healthy
Eastern Peninsula	Grades 3-5	I do not understand what you mean.
Central Peninsula	Grades 6-12	Eat well, stay active, stay occupied.
Central Peninsula	Grades 6-12	excersize and relaxing
Central Peninsula	Grades 6-12	be with friends
Central Peninsula	Grades 3-5	play video games, watch tv and talk to my elemental gradian/Rambow sky.
Central Peninsula	Grades 6-12	sleep and talk to friends
Central Peninsula	Grades 3-5	running at resses and playing with friends
Southern Peninsula	Grades 6-12	I work out at home, and at home i give myself brain breaks from homework.
Central Peninsula	Grades 6-12	Try to stay active when i can
Central Peninsula	Grades 3-5	I walk
Central Peninsula	Grades 6-12	Work, hang with bf, hang with friends
Central Peninsula	Grades 6-12	I am very active in sports and stay moving alot
Eastern Peninsula	Grades 3-5	go out side because i do every day

Southern Peninsula	Grades 6-12	meditate, yoga, have patience and grace with myself, give others the benefit of the doubt and second chances, treat other people how I want to be treated, and try to keep a clean, organized space.
		Try not to cause a disagreement by providing a compromise.
Southern Peninsula	Grades 6-12	I also do what I'm told to prevent conflict.
Central Peninsula	Grades 3-5	read or make art
Central Peninsula	Grades 6-12	eat good food and exercise and study for tests and quizzes
Central Peninsula	Grades 3-5	i am brave and confident
Outlying Schools	Grades 3-5	Work hard, eat, drink, exercise, and play.
Southern Peninsula	Grades 6-12	i eat healthy when i can and get lots of exersize from after school sports and talk to people about whats bothering me
Central Peninsula	Grades 3-5	play hockey
Central Peninsula	Grades 6-12	I do dance and i'm very active in my life.
Southern Peninsula	Grades 3-5	play, be happy, snuggle my dog, go on walks with my goats and get a good night sleep
Central Peninsula	Grades 6-12	stay on track often.
Eastern Peninsula	Grades 3-5	i sometimes walk to the library
Central Peninsula	Grades 6-12	sleep
Southern Peninsula	Grades 6-12	I ride my bike and do rollerskating at school.
Southern Peninsula	Grades 6-12	I like to ski and talk to friends and beat my beat
Central Peninsula	Grades 6-12	sports workout
Central Peninsula	Grades 3-5	play infection play tug a war with my dog and get veges at lunch
Central Peninsula	Grades 6-12	.
Central Peninsula	Grades 6-12	I exercise everyday, i fence two days a week, and i am eating healthier
Southern Peninsula	Grades 6-12	Take hot showers
Central Peninsula	Grades 3-5	eat good food work for my famly
Central Peninsula	Grades 3-5	eat food that my mom tells me to eat
Central Peninsula	Grades 3-5	work on something else or build something
Central Peninsula	Grades 6-12	i focus on how my body feels and i listen to it when it tells me it needs a break. i dont push myself over the limit but i try to excel as much as i can
Central Peninsula	Grades 3-5	
Central Peninsula	Grades 6-12	I ride horses
Central Peninsula	Grades 6-12	Exercise, eat food that isn't going to make me feel bad, have a social life
Central Peninsula	Grades 6-12	play active games, eat healthy,
Southern Peninsula	Grades 6-12	I skate ski after school most every day. I also participate in athletics, and get my homework done as to not get behind
Central Peninsula	Grades 6-12	listen learn be nice and stay happy
Central Peninsula	Grades 3-5	I eat healthy and stay active.I only get 120,sec on tablet.
Central Peninsula	Grades 6-12	I stay active.
Central Peninsula	Grades 6-12	Find people that make good decisions and try my best on work. I try to get a good night sleep
Central Peninsula	Grades 6-12	I exercise at home.
Southern Peninsula	Grades 6-12	play soccer
Central Peninsula	Grades 6-12	Eat healthy. Sleep alot.
Central Peninsula	Grades 3-5	eat salad go on walks chase my dog exsesize
Central Peninsula	Grades 6-12	I indulge in my hobbies, try to balance my time doing school work and my time taking breaks. I have self-care days on weekends to focus on myself and ground myself.
Central Peninsula	Grades 3-5	I Exrsize i Work out i play sports
Central Peninsula	Grades 6-12	trying to make sure that i'm getting enough sleep
Central Peninsula	Grades 3-5	play baseball
Central Peninsula	Grades 3-5	play
Central Peninsula	Grades 6-12	Be myself.
Southern Peninsula	Grades 6-12	I drink plenty of water and try to avoid overly processed foods.
Central Peninsula	Grades 6-12	Meditation, Talking with other people, discipline from parents, working out 15-45 minutes a day
Central Peninsula	Grades 3-5	I stay well at math and taking care of my or someone else's items.
Central Peninsula	Grades 6-12	Yoga, Wrestling, Sleepovers, reading,
Southern Peninsula	Grades 3-5	geting a lots of sleep
Southern Peninsula	Grades 6-12	I go outside and do sports to stay active and sleep a lot and clean myself.
Central Peninsula	Grades 6-12	Listen to music. Uhh Alone time to calm my mind and stuff. Water food idk
Central Peninsula	Grades 3-5	drink lot of water,not eat a lot of junk food

Eastern Peninsula	Grades 6-12	I do my school. I stay active. I try to eat well and that's about it.
Central Peninsula	Grades 3-5	stay healthy, eat healthy foods, and get the purpose amount of sleep
Eastern Peninsula	Grades 6-12	idk
Central Peninsula	Grades 3-5	Well I mostly listen to music or meditation.
Central Peninsula	Grades 3-5	eat and drink
Central Peninsula	Grades 6-12	listening to music or hanging out with friends with my problems about something that have been bugging me.
Central Peninsula	Grades 3-5	sleep,drink water play with friends eat healthy food sometimes
Southern Peninsula	Grades 6-12	I use my brain in different ways
Eastern Peninsula	Grades 3-5	I am good at math, reading, writing. I'm bad at cursive.
Central Peninsula	Grades 3-5	exersis and eat helfea foods. run and play with my dog Theo.
Central Peninsula	Grades 3-5	walk home every day.
Southern Peninsula	Grades 6-12	nothing school sucks
Central Peninsula	Grades 6-12	Sleep,take medicine,stay home
Central Peninsula	Grades 6-12	I try to get a good amount of sleep and keep good hygiene
Central Peninsula	Grades 3-5	I eat healthy, try to stay active, and I socialize with my friends and family.
Southern Peninsula	Grades 6-12	For school, I try to listen without getting distracted and I focus as best as I can, so I can learn and so I can possibly do good things in my future.
Southern Peninsula	Grades 6-12	follow the words of tupac, walking a lot with my dog, imagine starting a revolution, coffee, workouts
Central Peninsula	Grades 6-12	eat sleep breathe
Central Peninsula	Grades 6-12	I workout, I play sports, I play video games, I hangout with friends
Central Peninsula	Grades 6-12	Exercise
Outlying Schools	Grades 3-5	eat food when i am hungry . Play lots of games with people
Central Peninsula	Grades 3-5	I eat veggies . I drink milk every night we have dinner .I play with my pet and my brothers in basketball.I work with my dad in the shop.in fall I like to take a big pile of leaves and jump in them.in the summer I like to go on bike rides with my family we go to the Holt-lamp light sigh its fun.in the winter we go sledding on my big hill.
Central Peninsula	Grades 3-5	I like to read, write, play and paint
Central Peninsula	Grades 6-12	I usally doo good in athletics and school my teachers suck tho
Central Peninsula	Grades 3-5	sadly run the mile, eat, live, play with my dog, sleep, don't eat crayons, talk to a friend on the phone aka Izabella, don't die because math is boring, don't make your mom jokes feed the class pets, play limbo, be flexible, do school gymnastics, buy squishamellows, don't turn into my mom, do my dads hair, toe nails, make up, and give him tattoos with sharpies.
Central Peninsula	Grades 6-12	Stay on task when things go down
Southern Peninsula	Grades 6-12	Read the Bible and focus on staying stoic. Also, I research random topics to increase my knowledge
Central Peninsula	Grades 3-5	listen to music, read a book, and cook.
Central Peninsula	Grades 6-12	Hockey, Skiing, and hanging out wiyth friends
Central Peninsula	Grades 6-12	Be active by playing sports, working out and eating healthy.
Southern Peninsula	Grades 6-12	eat good food. drink water. sleep.
Southern Peninsula	Grades 3-5	eat helthey once in a will
Central Peninsula	Grades 6-12	ride my bike
Central Peninsula	Grades 6-12	video games, sleep hangout with friends and family, eat.
Central Peninsula	Grades 3-5	I eat healthy food every day. I also do sports
Central Peninsula	Grades 3-5	I exercise and play outside.
Central Peninsula	Grades 6-12	work out and going to the gym, eating healthy foods
Southern Peninsula	Grades 6-12	I maintain good relationships with my friends and teachers. I also, work hard on both academeical and physical goals.
Central Peninsula	Grades 3-5	I eat very healthy and keep my hair up so it don't get lice I stay fit and run and play till my little heart is content I play and ride my bike. I play basketball. I go sledding. I stay confident. I read a lot. I climb trees when I feel like climbing trees. I try to keep my blood sugar down. I try to stay calm. My family likes to sing and dance together. I am proud to be in the Arness family it means being tuff is in my blood.
Central Peninsula	Grades 3-5	i eat salad sometimes i try to stay happy and not be rude
Southern Peninsula	Grades 6-12	slep
Eastern Peninsula	Grades 6-12	Eat healthy, exercise, and sleep well.
Outlying Schools	Grades 6-12	try to go to bed at a good time and go outside to get fresh air
Central Peninsula	Grades 3-5	study> be nice
Central Peninsula	Grades 6-12	nothing much
Eastern Peninsula	Grades 3-5	Go to sleep at a decent time. Eat Healthy. Exercise
Eastern Peninsula	Grades 6-12	Participate heavily in PE and other opportunities.
Central Peninsula	Grades 6-12	Sleep healthy, be active, stress free, control your moments, eat healthy
Central Peninsula	Grades 6-12	try and keep calm during stressful stuff and only focus on myself

Central Peninsula	Grades 3-5	sports
Eastern Peninsula	Grades 3-5	Play outside.
Southern Peninsula	Grades 6-12	Art, time management, algebra (With the right sources), LA
Southern Peninsula	Grades 6-12	Stay busy and focused on my goals.
Central Peninsula	Grades 6-12	i don't know
Central Peninsula	Grades 3-5	I eat healthy wash my hannds keep germs away avoid sugar dont share foods and have fun!
Southern Peninsula	Grades 3-5	breathe air
Central Peninsula	Grades 6-12	what things i do to stay well is i eat something heathly at every meal i do lots of activety's i try my best in every sport that i do.
Southern Peninsula	Grades 6-12	work out
Southern Peninsula	Grades 3-5	i eat all of my lunch
Central Peninsula	Grades 6-12	Drink Water
Central Peninsula	Grades 6-12	exercise listen to music talk with friends
Southern Peninsula	Grades 6-12	eat healthy, have vitamins
Central Peninsula	Grades 6-12	?????????
Central Peninsula	Grades 6-12	exercise,eat fruit,wash my hands
Central Peninsula	Grades 6-12	I like to dirtbike and drive rc car
Central Peninsula	Grades 6-12	sleep alot, drink water
Southern Peninsula	Grades 6-12	eat healthy, Exercise, going outside often, reading, getting sleep, doing what i enjoy. painting.
Central Peninsula	Grades 6-12	I do sports, (soccer, basketball, volleyball, and track) i also hang out with friends, do crossfit, and eat healthy food every day.
Central Peninsula	Grades 3-5	clear my head, go biking, working out, working on cars
Central Peninsula	Grades 6-12	Sports and exercise. I also try to accomplish my work.
Central Peninsula	Grades 3-5	piano playing video games drawing writing building spelling relaxing survival out door, s memes.(:
Southern Peninsula	Grades 6-12	i dont know
Central Peninsula	Grades 3-5	i eat heathy and stay strong ang macke friends
Central Peninsula	Grades 6-12	sports
Southern Peninsula	Grades 3-5	i don't know
Central Peninsula	Grades 3-5	sleep,play sports,water,food
Southern Peninsula	Grades 6-12	participate fully in P.E.
Central Peninsula	Grades 6-12	I sleep, eat and drink water to stay well and gaming gets my mind off things
Central Peninsula	Grades 3-5	I'm not sure on this question.
Eastern Peninsula	Grades 3-5	Workout
Central Peninsula	Grades 3-5	I do gymnastics and soccer so I try to eat healthy forthat
Central Peninsula	Grades 6-12	I eat healthy, good food, Exercise, Work out, Do activites.EG...
Central Peninsula	Grades 6-12	I make sure to watch the foods that I eat. Specifically, carbs and sugars because obesity is prominent.
Central Peninsula	Grades 3-5	I brush my teeth, take showers/baths, make art, right in my journal at home, play games ranging from board games to video games, have friends come to my house, read, eat, drink water and milk and juices, watch TV and movies, go camping, go kayaking and paddle boarding, hike, and play outside.
Central Peninsula	Grades 3-5	draw mazes
Southern Peninsula	Grades 6-12	I get some form of exercise every day. I avoid some foods at times. I am conscious of my weight if it's too low or too high.
Central Peninsula	Grades 6-12	I stay well
Central Peninsula	Grades 6-12	Look towards the future
Central Peninsula	Grades 3-5	eating healthy food and playing
Southern Peninsula	Grades 6-12	I participate in a sport and I stay active.
Central Peninsula	Grades 6-12	listen to and play music
Southern Peninsula	Grades 6-12	Chill out with friends.
Central Peninsula	Grades 3-5	eat healthy with no suger
Central Peninsula	Grades 3-5	do dep breathing
Central Peninsula	Grades 6-12	eat good
Southern Peninsula	Grades 3-5	I drink lots of water, eat good food, wash my hands after using the bathroom, and before eating. I also go easy on my stomach because it is sensitive. I also brush my teeth two times a day morning and night. In my opinion I think I'm really healthy but I know that there are people in the world that are healthier than me.
Central Peninsula	Grades 3-5	sports yoga build all sorts of things
Central Peninsula	Grades 6-12	nap
Central Peninsula	Grades 6-12	listen to music
Central Peninsula	Grades 6-12	take vitamins and run fast.

Central Peninsula	Grades 6-12	idk
Central Peninsula	Grades 6-12	Sleep, Play video games, work out, and drink a lot of water.
Central Peninsula	Grades 6-12	Eat healthy and clean when I get stressed to make my environment healthier. I also tend to focus on my hobbies until I can calm down from stress.
Central Peninsula	Grades 6-12	Working out helps my mental state, and sleeping keeps me energized.
Central Peninsula	Grades 6-12	i will talk to my friends and go to the hockey rink
Central Peninsula	Grades 3-5	I run a lot. I had some healthy foods some times. I play a lot.
Central Peninsula	Grades 6-12	Exercise frequently, have a good diet, and have good hygiene
Central Peninsula	Grades 6-12	I drink lots of water and stretch. I also try to bike, play volleyball, and play outside. I also try to breathe and calm down if I'm stressed out. My teacher also makes me feel better if I'm down.
Central Peninsula	Grades 6-12	Sleep talk with friends hangout with friends gym
Eastern Peninsula	Grades 6-12	history
Central Peninsula	Grades 3-5	run play with my three dogs. And I try my best to get outside. at least 4 hours a day and I play with my friends for like 2 hours a day. I make my dog run around the yard about 5 times with me. And I play fetch.
Eastern Peninsula	Grades 6-12	when i get home i do my homework and then I play and even if I don't have homework I still play for a while meaning even if it is like playing fetch
Central Peninsula	Grades 3-5	I do swim, cross country running, scouts, cross country skiing, downhill skiing and more. Depends on what you mean by "well."
Central Peninsula	Grades 3-5	I do homework and study hard.
Central Peninsula	Grades 6-12	I take my prescription medications.
Central Peninsula	Grades 3-5	exercise [sorry I spelled it wrong]
Central Peninsula	Grades 6-12	sports eat good get a good amount of sleep work out less screen time
Central Peninsula	Grades 6-12	things i do to stay well is to do gym everyday
Central Peninsula	Grades 3-5	I watch my iPad at night play hockey
Central Peninsula	Grades 3-5	sleep eat drink read
Central Peninsula	Grades 3-5	I just want to say Thanks for teaching me and working with me like Ms Cris and my teachers if my teachers didnt work with me i would not be in 3rd grade and especially i want to say thanks to are principal. he helps every one thank for everything
Central Peninsula	Grades 6-12	eat well, sleep well, exercise, ignore my problems
Central Peninsula	Grades 6-12	I like to listen to music. Its therapeutic to my brain, and go on walks, hangout with friends and family. Read
Central Peninsula	Grades 6-12	I do school sports every chance I get, and I go for run and do workouts at home during the weekends and after school
Central Peninsula	Grades 6-12	workout, play football, box, and hangout with my brother
Central Peninsula	Grades 6-12	One thing that has been very beneficial for me within the last month is meditation and deep breathing. I struggle with some anxiety, especially during the dark winter months, so practicing slowing my breathing and letting go of anxious thoughts when they start to become a problem has been very helpful. I also enjoy sports. This last year, I did cross country running, but I had to stop early because I was suffering from fatigue. Next year, however, I think I want to do basketball.
Central Peninsula	Grades 6-12	I also find rest, relaxation, and recovery to be very important for my mental health.
Central Peninsula	Grades 6-12	Keep myself entertained and away from bad influences
Central Peninsula	Grades 6-12	I have too much schoolwork, and Easton has been destroying Chromebooks.
Central Peninsula	Grades 6-12	I dont know, walk, shower, game with the boys
Southern Peninsula	Grades 6-12	I like to take breaks often to rest my brain from all of the learning and hard work that we do in classes. I love to just vent about my problems to a trusted person in school. Having stress is my main mood killer so I do my best to try and avoid it.
Central Peninsula	Grades 3-5	work out eat healthy drink water
Southern Peninsula	Grades 6-12	I'm not sure
Central Peninsula	Grades 6-12	I participate in P.E
Central Peninsula	Grades 3-5	I exercise and i eat healthy.
Central Peninsula	Grades 6-12	Gym, cheer, at home workouts, eat well, listen to myself & my needs.
Southern Peninsula	Grades 6-12	eat healthy, exercise, go to a therapist, avoid illegal substances
Southern Peninsula	Grades 6-12	I do math and read kind of well.
Central Peninsula	Grades 6-12	Go to the gym and eat healthy foods
Southern Peninsula	Grades 6-12	I play lots of sports and somewhat eat healthily. I stay active at home also.
Central Peninsula	Grades 3-5	I read and I also do lots of exercise.
Southern Peninsula	Grades 6-12	I practice self care and attempt to make a plan to accomplish the goals stressing me out.

Central Peninsula	Grades 6-12	eat, sleep some times, drink water
Central Peninsula	Grades 6-12	Talk to Adam Clyde or my mom
Central Peninsula	Grades 6-12	play with my dog and cats, go for a run, and eat goodish food
Central Peninsula	Grades 3-5	sleep, eat ,drink water,play,stay active
Central Peninsula	Grades 3-5	think of my teachers in 4th,2nd,1st,my mom, my dad, my uncle, my cousins,my friends, and my animals .
Central Peninsula	Grades 3-5	eat
Central Peninsula	Grades 3-5	food and minecraft and make my you tube videos
Central Peninsula	Grades 3-5	I cook food for my family,go for walks,and play with friends.
Southern Peninsula	Grades 6-12	sleep
Central Peninsula	Grades 3-5	I eat carrots and meat
Central Peninsula	Grades 3-5	I do not no.
Central Peninsula	Grades 6-12	i play video games and play with friends.
Central Peninsula	Grades 3-5	walk
Central Peninsula	Grades 3-5	
Central Peninsula	Grades 6-12	I enjoy time with friends and often contemplate my goals
Central Peninsula	Grades 3-5	To stay good eat good things like fruits
Southern Peninsula	Grades 6-12	I do my homework and I practice when I'm supposed to.
		I am very active
		I don't deal with drama
		I try to get sleep
		I give my self breaks if needed
Central Peninsula	Grades 6-12	I take care of myself
Central Peninsula	Grades 3-5	runing eating.
Central Peninsula	Grades 6-12	I involve myself in hobbies and other things I enjoy. I exercise regularly. Not sure the usage of "well" here...
Eastern Peninsula	Grades 3-5	play with frends
Central Peninsula	Grades 3-5	Go awtside and play weth freinds or my dogs that is my whegh of staying well
Central Peninsula	Grades 6-12	To stay well I go to the gym to keep myself occupied and mentally healthy, I also balance school work with grades as well as time with family/friends.
Central Peninsula	Grades 3-5	how I get healthy is I eat healthy food and veggies
Outlying Schools	Grades 3-5	Eat healthy and do my best
Southern Peninsula	Grades 6-12	I try my best to eat well, get good sleep, and stay as active as I can.
Central Peninsula	Grades 6-12	Drink water and have a snake when feeling dizzy
Central Peninsula	Grades 3-5	run,eat
Southern Peninsula	Grades 6-12	I walk, and during lunch i go to the gym to play volleyball with friends to get some movement.
		1. sports, clubs
Southern Peninsula	Grades 6-12	2. not going anything unhealthy
		Play video games
		See my girlfriend
Central Peninsula	Grades 6-12	Study
Central Peninsula	Grades 3-5	Dance. eat sum what healthy.
Central Peninsula	Grades 3-5	I played hockey and I run at recess and I eat healthy foods.
Central Peninsula	Grades 3-5	To stay well i eat healthy and get exercise. To eat healthy i think what is more healthy a cookie or a sandwich so i say first I'll have the sandwich and then when done I'll eat the cookie. to get exercise in i get onto my yoga ball and put my feet on the arm of the couch and push my feet and then pull, that helps with my leg and stomache muscles. i havent learned to stay too well in the mind yet but ill figure it out.
Central Peninsula	Grades 3-5	push ups
Central Peninsula	Grades 6-12	Listen to music, take personal time, try not to overwhelm myself with work, school, and life.
Eastern Peninsula	Grades 6-12	Staying active
Central Peninsula	Grades 6-12	eat healthy
Central Peninsula	Grades 3-5	eat helhey all the time
Central Peninsula	Grades 6-12	I play softball
Central Peninsula	Grades 6-12	Work
Central Peninsula	Grades 6-12	Any means necessary.
Central Peninsula	Grades 6-12	I try to be positive in tough situation
Central Peninsula	Grades 6-12	music

Central Peninsula	Grades 6-12	Care to my needs
Central Peninsula	Grades 3-5	I'm good at staying active staying on track not talking when im not supos to getting along and getting along with people
Central Peninsula	Grades 3-5	sadly run the mile in p.e class talk to my friend like Patrick go to my friend house and sleep play a lot with my dogs. play football with my friend and go to the pool and watch anime with my best friend.Play gorilla tag with my cuzzits and watch netflix and play fortnite on my switch and I LOVE ART
Central Peninsula	Grades 3-5	be nice to everyone around me and to teacher's. I make my own choices. and mind my own problems and busies.
Central Peninsula	Grades 3-5	-Marylou
Southern Peninsula	Grades 6-12	get good sleep, wash my hands.
Central Peninsula	Grades 6-12	I stay well by playing out side
Central Peninsula	Grades 3-5	i play a lot of baseball and play on my oucluse which is good for my arms i make shore to not sit down and be lazy all day.
Southern Peninsula	Grades 6-12	I don't really know I don't really think about myself I more think more about my friends and family
Central Peninsula	Grades 6-12	I try to eat healthy foods, I dance for 8 hours per week, I make myself go see my friends even when I don't want to, and I try to keep a glass half full mindset.
Central Peninsula	Grades 6-12	sports
Central Peninsula	Grades 6-12	I eat good foods and stay in shape.
Central Peninsula	Grades 6-12	Eat well, sleep well, and learn well, also soshalise.
Central Peninsula	Grades 6-12	Have good friends and make healthy choices
Central Peninsula	Grades 6-12	video games and hang out with friends and family
Southern Peninsula	Grades 6-12	Listen too music
Central Peninsula	Grades 6-12	Stuff.
Central Peninsula	Grades 6-12	ride snowmachines and watch slednecks
Central Peninsula	Grades 3-5	wash my hands and I don't eat a lot of junk food and exearsie and I don't know...
Central Peninsula	Grades 6-12	read draw listen to music
Central Peninsula	Grades 3-5	sports
Central Peninsula	Grades 6-12	Sleep, stay hydrated
Central Peninsula	Grades 3-5	I have no clue to be completely honest. Sleep I guess?? I'm already having trouble taking care of myself as it is lol.
Central Peninsula	Grades 6-12	sports, breathe, eat
Central Peninsula	Grades 6-12	I ski and go for daily runs as well as eat healthy.
Central Peninsula	Grades 6-12	lifting healthy food good attitude sleep
Southern Peninsula	Grades 6-12	I try to stay calm.
Southern Peninsula	Grades 6-12	eat healthy, have a normal sleep schedule, exercise
Central Peninsula	Grades 6-12	Some things I do to stay well include daily exercises for both my mind and body, I eat food that is good for me and that will help me fuel my body, drink plenty of water, get good amounts of sleep, and I spend time outside daily. If I am ever stressed from school or life I try to relax and solve my problems, which usually includes a nap. Those are some ways I keep myself well and healthy.
Central Peninsula	Grades 3-5	I read books I be nice to everyone even if they are not my friends
Central Peninsula	Grades 6-12	Avoid all peer contact, as I don't do well under the influence of other people
Central Peninsula	Grades 3-5	I take my vitamins.
Central Peninsula	Grades 6-12	I sleep for about eight to nine hours on average. I work until I get a headache, then again I work until I'm tired so I don't get behind. It is the same thing for P.E.
Central Peninsula	Grades 3-5	I eat healthy foods and exercise often
Eastern Peninsula	Grades 3-5	calm down and take a sip from my water bottle.
Central Peninsula	Grades 6-12	I drink a lot of water and I try to move past things that make me very stressfull.
Central Peninsula	Grades 6-12	sleep
Central Peninsula	Grades 3-5	soccer futball football
Central Peninsula	Grades 6-12	I eat salads all the time and i have a fitness track app on my phone.
Central Peninsula	Grades 3-5	Eat healthy do work outs to be strong do math so I can git better at math
Central Peninsula	Grades 6-12	i do ot do anything but of what is instructed apon me
Central Peninsula	Grades 3-5	sleep good
Central Peninsula	Grades 6-12	work out in my room or living room almost every day after school,drink water,eat healthy
Central Peninsula	Grades 3-5	drawing helps
Southern Peninsula	Grades 6-12	eat, sleep, read, write, talk
Southern Peninsula	Grades 6-12	eat health and physical activity
Central Peninsula	Grades 3-5	run
Central Peninsula	Grades 6-12	I play basketball and do my homework when i play basketball i feel like all of my problems go away and i have nothing to worry about. And when i do my homework i get good grades and don't have to worry about doing it in class because it is already done. I also play video games with my older brother it is very fun playing games with him.

Southern Peninsula	Grades 6-12	I exercise and diet
Central Peninsula	Grades 3-5	drinking water accasionly and playing with my friends to relax myself
		get good sleep
		sports
Southern Peninsula	Grades 6-12	and take breaks to talk to my friends
Central Peninsula	Grades 6-12	i eat lunch and dinner everyday and i have the best boyfriend ever and he is someone that i can talk to whenever i need to and i can talk to my mom about anything and everything.
Southern Peninsula	Grades 6-12	run walk talk to friends go outside spend time with family
Southern Peninsula	Grades 6-12	Doing sports like basket ball and wrestling and hanging out with my friends
Central Peninsula	Grades 3-5	eat hethey
Central Peninsula	Grades 6-12	I do 50 pushups every night before bed.
Central Peninsula	Grades 3-5	I play video games not to have fun but to get away from my life
Outlying Schools	Grades 3-5	work hard and never give up
Central Peninsula	Grades 3-5	I try to stay away from the sick kids.
		I work out. I eat healthy. I do competitive dance to stay healthy. At home I have a healthy environment. I have good friends. I have good parents that keep me healthy. I do lots of sports, and all of those things keep me well.
Central Peninsula	Grades 3-5	keep me well.
Southern Peninsula	Grades 6-12	work out, train cardiovascular and eat healthy
Southern Peninsula	Grades 6-12	Drink water, keep out of drama, be happy, get a lot of fresh air, and understand what I'm learning about.
Central Peninsula	Grades 3-5	i don't know
Eastern Peninsula	Grades 3-5	eat healthy, exer size, sports, no junk food, walks, swimming,
Central Peninsula	Grades 3-5	eat heathy so I can do soccer well and play hard I also like to exercise for soccer. one so I can stay well two so I can stay heathy.
Central Peninsula	Grades 6-12	with my friends,talking,bus
Central Peninsula	Grades 3-5	talk to my friends so they can help me if i need help with something . Then eating a good lunch for the school day then , going outside to be free and have a time to rest .
Central Peninsula	Grades 6-12	work, workout, read, socialize.
Central Peninsula	Grades 6-12	hang out with friends and home
Central Peninsula	Grades 6-12	I join sports teams, like running ans skiing, and I eat well throughout the day. I make sure that I am surrounding myself with constructive peers that help me better myself.
Southern Peninsula	Grades 6-12	N/A
Central Peninsula	Grades 3-5	I will move around a lot, take care of my animals, and sometimes go outside, oh and play with my younger siblings.
Central Peninsula	Grades 6-12	sport, and outside things.
Central Peninsula	Grades 3-5	Getting enough sleep at night and running around with my friends at recess.
Southern Peninsula	Grades 6-12	fortnite
Central Peninsula	Grades 6-12	Go to bed at 9:00 and wake up at 6:00 even on weekends and breaks.
Central Peninsula	Grades 6-12	work out eat healthy and do things to keep to staying well
Eastern Peninsula	Grades 6-12	sports
Central Peninsula	Grades 6-12	I try to focus my mind by clearing my brain.
Southern Peninsula	Grades 3-5	do akive things eat food eat sleep play sports alot run more food
		The kids of things I do to stay well is wash my hands when I come out of the bathroom and when we come back from recess. I eat the healthy, food that the cafeteria gives me. I also stay active in recess and
Central Peninsula	Grades 6-12	NYO. Thank you for asking my opinion.
Central Peninsula	Grades 6-12	Go to the gym
Central Peninsula	Grades 3-5	I get a good night's sleep and go to bed at reasonable times.
Central Peninsula	Grades 3-5	eat HETHE
Central Peninsula	Grades 6-12	Concutrate
Central Peninsula	Grades 6-12	drive
Central Peninsula	Grades 6-12	play with my dogs, school gym, 3 meals a day, hobbies, making friends, and spending time with family
Southern Peninsula	Grades 6-12	Sleep till i realize i missed the bus
Central Peninsula	Grades 6-12	having snacks in my locker and bringing them to class and that keeps things running in my brain.
Central Peninsula	Grades 6-12	i walk around i run up n down stairs all day and drink four bottles of water
Eastern Peninsula	Grades 6-12	I do a lot of physical activity.
Southern Peninsula	Grades 6-12	Eat. Sleep. Repeat.
Southern Peninsula	Grades 6-12	sports, eat healthy, know my stress limits