

NATIONAL HEALTH EDUCATION STANDARDS

Wellness Wally is designed to align seamlessly with the National Health Education Standards (NHES), ensuring that its educational content not only meets the required health education guidelines but also engages children in meaningful and impactful ways. Here's how the program aligns with each of the NHES standards:

1

Comprehending Concepts: Wellness Wally teaches children essential health concepts such as nutrition, physical activity, emotional wellness, and stress management. Through engaging stories and interactive activities, children are introduced to the fundamental principles of holistic wellness in ways that are easy to understand and apply.

2

Analyzing Influences: The program encourages children to think critically about the influences around them—like media, culture, and peers—on their health choices. By exploring how Wally faces challenges and makes decisions, children learn to identify external factors that impact their own health behavior.

3

Accessing Information, Products, and Services: Wellness Wally empowers kids to identify credible health resources and understand when and where to seek help. By presenting real-life scenarios in Wellness Wally's adventures, children are taught to navigate their health needs and recognize trustworthy information and products.

4

Interpersonal Communication: Communication skills are central to Wellness Wally's curriculum, with activities that teach kids how to express themselves clearly, resolve conflicts, and engage in positive social interactions. Through group activities and storytelling, children practice these vital communication skills in a safe, fun environment.

5

Decision-Making Skills: Wellness Wally helps children develop critical thinking and decision-making skills through problem-solving exercises embedded in the storylines. By watching Wally make decisions in tricky situations, children learn to evaluate their own choices, understand the consequences, and opt for healthier behaviors.

6

Goal-Setting: The program supports goal-setting by helping children set realistic, health-oriented goals. Through interactive exercises, children learn to establish their wellness goals and create actionable steps to achieve them, fostering a sense of accomplishment and accountability.

7

Practicing Health-Enhancing Behaviors: One of Wellness Wally's core goals is to promote health-enhancing behaviors. Whether it's learning how to stay active, practicing mindfulness, or understanding the importance of eating healthy, children are provided with practical tips that they can apply in their daily lives to improve their overall well-being.

8

Advocacy for Health: Wellness Wally encourages children to be advocates for their own health and the well-being of others. Through community-based activities and family involvement, the program helps children learn how to promote wellness within their homes, schools, and broader communities.

