



5th grade versions of WIN the Rockies Principles
Submitted by students at Oakwood Elementary School in
Preston, ID

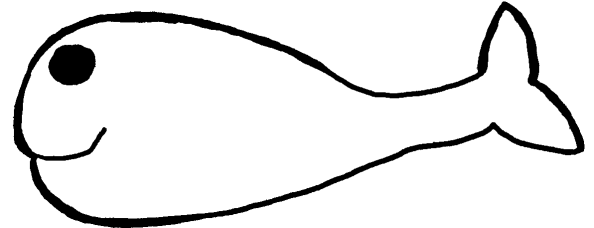
Respect body-size differences:

Don't judge people by how they look on the outside, the inside counts.

Don't make fun of others' body differences.
Don't call other people names because they are different.

Every body is different. Treat others how you would want to be treated.

Everyone's a different size. Respect them.



Enjoy physically active living:

It's fun and cool to live an active life.

The world is a wonderful place. Keep active and healthy
you can enjoy it.

Enjoy being physically active while living.

Have fun playing sports and stay active.

Don't complain when someone tells you to do jumping jacks.

Enjoy healthful and pleasurable eating:

Enjoy your health and eating good foods.

Eat good, feel good, try new healthy foods.

Enjoy it when you are eating, don't eat fast.

Win by eating healthy.

