

Wellnessforge — Concept Poster

Print this and pin it up — an at-a-glance map of the Wellnessforge cast and the ideas each one carries. Come back to it whenever you want to remember who teaches what.

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Meet the cast — and what each one teaches

Character	What they carry
Read	Nutrition-label literacy — what the package actually says vs. claims
Pause	Refusal craft — practiced 'no' moves under social pressure
Steady	Stress-regulation primitives — breath / ground / reframe before deciding
Mend	First-aid response — assess / call / care framing
Ask	Help-seeking — trusted-adult identification + crisis-resource awareness
Dawn	Naming feelings — putting a word to what you feel
Drowse	Sleep + rest — treating rest as fuel, not laziness
Relish	Gratitude + savoring — noticing the small good things
Romp	Joyful movement — moving your body because it feels good
Shore	Boundaries + consent — your body, your yes and your no

Key ideas at a glance

The big concepts this cast helps you master:

- Nutrition Basics
 - Physical Fitness and Exercise
 - Mental Health and Emotions
 - Personal Hygiene and Disease Prevention
 - First Aid and Safety
 - Substance Abuse Prevention
 - Body Systems and Growth
 - Community Health and Advocacy
 - Wellness & Health
 - Screen Time Limits
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