ELEANOR EMLEN

HEALTHY ROAR

Illustration by Coraline Owili

Taking a walk is fun and healthy

Walking is a regular habit for Mr. Ray, Emlen bus attendant, and Mr. Coats, dean of school safety and climate, according to recent interviews with *Healthy Roar* reporters.

Mr. Ray said the activity gives him energy. Mr. Coats said it calms him down. Both Mr. Ray and Mr. Coats mentioned feeling safe in their neighborhoods.

There are many benefits to walking that will help lead to a better, healthier life.

When you walk—especially briskly—you build muscles and make your bones stronger, according to the American Heart Association. The heart group also says walking can help put you in a better mood and sleep better. Plus it is great exercise.

Besides being healthy for people, walking is healthy for the environment. Cars release carbon dioxide, which is a gas that goes into the air. It makes

What's climate change?

Climate change is on many people's minds. But what is it? What does it mean for the environment? What impact does it have on your health?

Those are some of the questions that *Healthy Roar* reporters will explore this year through our theme, Caring for Our Earth and Ourselves. For starters, let's define what climate means. Climate is "the weather found in a certain place over a long period of time," says kids.britannica.com.

The climate is always naturally changing but some things that humans do are causing the change to happen more quickly. Look for ideas in the *Healthy Roar* for small changes that can help keep you and the Earth healthy.

Please send your ideas, reflections, artwork, or letters to Ms. Argentieri, the newspaper's faculty advisor. And maybe we'll print it in our next issue!

Dealing with worries

Climate change is happening. It is making the Earth's surface getting warmer, according to the NASA Climate Kids website.

One cause is that too much carbon dioxide and other harmful gases are getting into the atmosphere from cars and vehicles. Some signs of climate change include rising sea levels and melting glaciers, according to NASA Climate Kids.

Since climate change is affecting the environment, some people feel anxious about the change. Feeling anxious about climate change is called eco-anxiety, according to *National Geographic* magazine.

Healthy Roar reporters recently sat down with Emlen school nurse Dr. English and school counselor

What you can do when you are feeling anxious

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Mrs. Seltzer, to discuss how kids can deal with anxiety. The questions and answers below have been shortened and edited.

Question: What is anxiety and what are the symptoms?
Dr. English: Anxiety is a feeling of dread, sadness and worry.
Mrs. Seltzer: It's a condition in your body where you feel a sense of nervousness and panic.

Question: What are the causes of anxiety?
Dr. English: Some causes would be not sleeping, having a big event coming up, illness in families, or being bullied.
Mrs. Seltzer: Sometimes someone who worries often could have anxiety.

Question: Is it normal to have anxiety, why or why not?
Mrs. Seltzer: Yes, it is normal to have anxiety. It only becomes a problem when it affects your daily life.

Question: What should you do if you are anxious about something?
Dr. English: You can try to distract yourself from what is causing anxiety, For instance, you can play a game, exercise, dance, or sing.
Mrs. Seltzer: You can try to talk to someone at home or at school. Talk to a trusted adult. Be kind to yourself. Try to live in the moment and not think about what is giving you anxiety.

Question: Is there anything else you would like to add?
Dr. English: A lot of us have anxiety. I get anxiety over heights. But I try to get out of my head and change my mindset. It can help with your anxiety.

Illustration by *Healthy Roar* reporter

Biking and walking are good for your health and the environment. You can learn more about biking in the next issue of the *Healthy Roar.*

Mr. Coats and Mr. Ray enjoy taking a walk

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it harder for people to breathe and it heats up the Earth, contributing to climate change according to NASA. Climate change is about changes in weather patterns over a period of time.

Mr. Coats said he walks all day long. He likes walking because it puts less stress on his knees than running. He also said he likes walking with his dog Charlie and his wife. Taking a walk "relaxes him." Mr. Coats said he likes seeing skunks and other animals when he walks around his neighborhood.

Mr. Ray, who helps students on the bus, said that he tries to walk one mile every day. He usually walks when he comes home from school with his daughter and his wife.

"Walking actually gives me energy. I can feel so tired sitting down, but when I get up to start walking it makes me feel energized," he said, "It forces my lungs to expand and I take a deep breath."

Mr. Ray said he likes "to walk to take in the cool evening air" and he likes to get out of the house. Sometimes, he walks on the athletic track across the street from his daughter's school. He walks when she has dance class in the evening. The area is gated, he said, which makes him feel safe to walk with other parents while his daughter plays on the playground.

—*By* Healthy Roar *reporters*