

HEY, KIDS!

Is Your Backpack Too Heavy?

Time for school!

You carry everything you need for school in your backpack. Your books. Your homework.

But do you put too much in your backpack?

Did You Know?

If your backpack is too heavy, it could hurt your back and cause bad posture.

What Does Your Backpack Weigh?

Put your backpack on a scale. You can use the one in the bathroom. Make sure it is filled with everything you carry around each day.

Write down how much it weighs on the other side of this page.



**FLIP THE PAGE
OVER TO FIND
OUT HOW
MUCH YOUR
BACKPACK
SHOULD WEIGH!**

My Backpack!

My backpack weighs _____ pounds.

Look at the chart. Find the number closest to your weight. Write down how much your backpack should weigh.

My backpack should weigh _____ pounds or less.

My backpack is too heavy!

My backpack weighs the right amount!

Your Weight (pounds)	Your Backpack's Weight (pounds)
40	6
50	7.5
60	9
70	10.5
80	12
90	13.3
100	15
110	16.6

What Should You Do?

If your backpack weighs the right amount, you don't need to do anything!

If your backpack is too heavy try:

- cleaning it out each week
- taking something out and carry it in your arms such as your lunch bag.

You can also ask your teachers if there are things you can leave at school.

Don't Forget!

Weigh your backpack every once in a while to make it isn't getting too heavy.

