

# Healthy At-Home Activities!



## Indoor Activities



## Outdoor Activities



## Healthy Snack Ideas



# Healthy At-Home Activities!

## Balloon Ball (indoor activity)

### You Need:

Balloon, string or rope (optional)

### Set Up:

If using string or rope, turn over two chairs and tie a string across them both to form a net.

### How to Play:

1. **The object of the game:** Children must hit the balloon over the “net” without it touching the floor.
2. If not using the net, have kids try to see how long they can keep the balloon in the air, by hitting it with their hands, without it hitting the ground.

Adapted from: *Mommy Poppins*, Anna Fader



## FitBits™ Fun!

### Try this FitBits™ Activity! “Push it for 20”

There are so many places in Michigan where you can be active. Take an imaginary tour of our amazing state! Act out each activity for 20 seconds.

1. Climb Sleeping Bear Dunes (it’s sandy, so use big movements!).
2. Fish on a river in the Upper Peninsula (practice casting off using each arm).
3. Flap your wings like a robin, Michigan’s official state bird.
4. Stomp Michigan grapes for grape juice.
5. March across the Mackinac Bridge.
6. Tip toe across the hot sand on Lake Michigan. Then jump in the water and go for a swim.
7. Pick Michigan apples from an apple tree. Get on your tip toes and reach high.

## Healthy Snack Ideas

- Cheese and crackers
- Yogurt and fruit
- Celery and peanut butter



# Healthy At-Home Activities!

## Bookworm Workout (indoor activity)

### You Need:

A Children's Book

### Set Up:

1. Choose a book that has a word that is **repeated often** (for example, *The Cat in The Hat*).
2. Choose a word in the book that is "the workout word" (for example, if you're reading *The Cat in the Hat*, choose the word "hat").

### How to Play:

1. Sit down and get ready to enjoy a book.
2. Start reading the book. Every time hear your "workout word" jump up from your sitting position and move your body! For example, do a jumping jack, a somersault, or touch your toes.

Source: *Today's Parent*, Angela Seredniki



## FitBits™ Fun!

### Try this FitBits™ Activity! "Bone Walk"

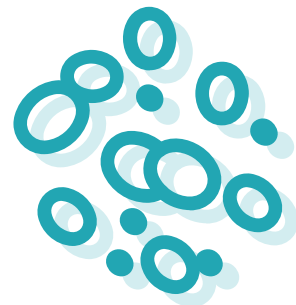
Eating foods from the dairy group at least twice a day is a good way to be healthy and have strong bones. Being active and doing things like running and jumping helps build strong bones, too! To play, move around the room in a large circle while counting to 10. Then, change direction and move a different way. Pay attention to the difference in the ways you are moving around the room. Here are some ideas:

1. Walk backwards
2. March with high knees
3. Hop on two feet
4. Crawl
5. Walk fast
6. Gallop
7. Hop on one foot

## Healthy Snack Idea

### Homemade Trail Mix

Mix together cereals, nuts, seeds, popcorn and dried fruit for a tasty and quick snack!



# Healthy At-Home Activities!

## Family Flashlight Walk (outdoor activity)

### You Need:

Flashlights, reflective/bright-colored clothing, jackets (for when the sun goes down), a place to walk

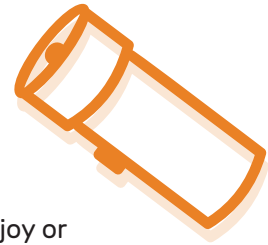
### Set Up:

While the sun is setting, take a family walk in your neighborhood.

### How to Play:

1. While walking, talk about your day, what you're excited about, things you enjoy or don't enjoy, stories you like to hear, etc.
2. Enjoy family time by watching the sunset. After the sun has set, turn on your flashlights and enjoy your walk home.
3. While walking at night, be on the lookout for different animals or insects that come out at night. Compare how walking at night is different from walking during the day.

**NOTE:** Make sure an adult is with you when exploring your city or neighborhood.



Adapted from: *Go Outside*, Nancy Blakey

## FitBits™ Fun!

### Try this FitBits™ Activity! “Balancing Food and Fun”

Eat foods from all five food groups to make sure your body gets what it needs to be healthy. This activity reminds players to balance the foods they eat with foods from all five food groups.

**To play:** Have players take turns naming different foods from each food group while balancing an item (such as a soft toy, magazine or paper plate) somewhere on their bodies. Example: Balance a plate on your head and name all the foods you can think of in the dairy group. **Hint: the food groups are fruits, vegetables, grains, proteins, and dairy.**

- |          |             |
|----------|-------------|
| 1. Hand  | 6. Calf     |
| 2. Arm   | 7. Leg      |
| 3. Knee  | 8. Foot     |
| 4. Elbow | 9. Shoulder |
| 5. Thigh | 10. Back    |

## Healthy Snack Idea

### Salsa Party

Get a couple of different salsas (mango, regular, black bean, etc.). Have a taste test and vote with your family. Use whole grain chips or chopped up vegetables as your dippers!



# Healthy At-Home Activities!

## Indoor “Laser” Maze (indoor activity)

### You Need:

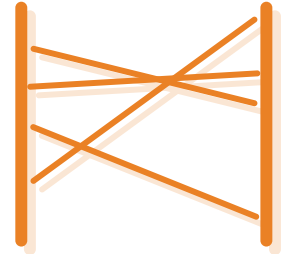
Yarn, tape

### Set Up:

1. Unroll a ball of yarn and zig zag it throughout your home by taping the yarn on different parts on the wall. Remove breakable objects.
2. Make sure to tape it at different heights to challenge kids.

### How to Play:

1. Start at the beginning of the maze. Try to get across the “laser maze” without touching the yarn. Depending on how the yarn is set up, kids may have to jump over, limbo under, or carefully “dive” between the zig zags.
2. If they touch the yarn, they have to start from the beginning.



Source: *Today's Parent*, Angela Seredniki

## FitBits™ Fun!

### Try this FitBits™ Activity! “Giant Chefs”

It's fun to help prepare and cook healthy food! Pretend to be a giant chef making a healthy stew. Make sure to do each of these movements very tall and very big, because remember, you are a giant!

1. First, wash your hands. Turn on the giant faucet, squirt your hands with giant soap, scrub your giant hands for 20 seconds, rinse your giant hands, then dry with a giant towel.
2. Now, you need to gather the ingredients. Reach into the giant refrigerator and carry your giant onions, celery, carrots and potatoes to the table.
3. Then, reach below you to get out a giant pot, giant lid, giant cutting board, bowl, knife and spoon.
4. Next, wash the giant veggies and then place them on the giant cutting board.
5. Then, chop up your giant vegetables really fast with your hands making karate chop movements.
6. Next, put all the chopped food into the giant pot and carry it to the giant stove. IT IS HEAVY!
7. Turn on the giant stove with your left hand and stir the stew with the giant spoon in your right hand.
8. Use a giant ladle to get the stew out of the pot and into a giant bowl.
9. Eat the stew with a giant spoon!

## Healthy Snack Idea

### Fruit Smoothie

- Frozen banana cut into chunks
- 1 cup milk or plant-based milk
- 1 cup frozen, fresh, or canned fruit
- A little honey or sugar if needed

With the help of an adult, put all your ingredients into a blender. Blend until smooth. This makes two smoothies.



# Healthy At-Home Activities!

## The Floor is Lava (indoor activity)

### You Need:

Several items you don't mind kids standing on, such as small rugs, blankets, sheets, chairs (no wheels), large books, etc.

### Set Up:

1. Clear some space. Move anything out of the way (furniture, knick-knacks, etc.) that is breakable, has sharp corners or tips easily.
2. Set up the items you chose on the floor. Make sure some of the floor is still exposed.

### How to Play:

1. The object of the game: Children must carefully and constantly move around the room without touching the floor. Remember – the floor is lava!
2. Kids should move around the room by climbing on the objects you set up. They can also make bridges with other safe items.
3. They cannot be in the same spot for more than 10 seconds.
4. If a child does touch the "lava" they must do a physical activity in place, such as jogging in place or doing 10 jumping jacks before they get back in the game.

*Adapted from: Games Kids Play*



## FitBits™ Fun!

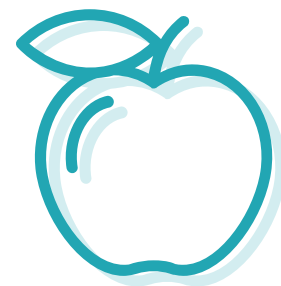
### Try this FitBits™ Activity! "Fruit and Veggie Yoga"

Fast or slow, there are many ways to exercise to be healthy. One type of slow exercise is yoga. Yoga is a stretching exercise that can help with balance. Do each of these activities once, then repeat.

1. Stretch like a carrot by balancing on one foot, with your knee pointed forward. Keep your arms straight and slowly raise them above your head. While balancing, lower and raise your arms 10 times. Switch to the other foot and do the same thing.
2. Stand with your legs spread apart as wide as your shoulders. Bend over with your arms spread out and try to touch the floor. Keep your knees a little bent. "Walk" your hands across the floor toward you until your hands are between your feet. Then very slowly, raise yourself back up until you are reaching for the sky.

## Healthy Snack Ideas

- Apple with peanut butter
- Cereal and fruit
- Veggies and dip (hummus, ranch, bean dip or salsa)



# Healthy At-Home Activities!

## Obstacle Course (indoor activity)

### You Need:

Pillows, blankets, sheets, soft objects, chairs, laundry baskets, kitchen utensils, books, flash cards, buckets, marbles, yarn, tape, etc.

### Set Up:

1. Clear some space. Move anything out of the way (furniture, knick-knacks, etc.) that is breakable, has sharp corners or tips easily.
2. Set up the items you chose around the room.

### How to Play:

1. Move carefully and constantly through the obstacle course.
2. Challenge kids to move from one part of the course to the other in different ways. For example, players go through the obstacle course:
  - With a book or their hands on their head
  - Holding hands with a partner
  - On their tip toes



Adapted from: *Mommy Poppins*, Sara F.

## FitBits™ Fun!

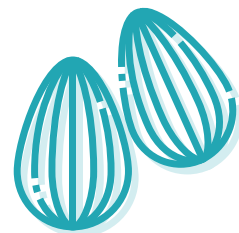
### Try this FitBits™ Activity! “Move Like...”

Moving your body every day helps build strong muscles and a healthy heart. Try to be active for one hour each day! Have fun being active and choose things you like to do. Try each of these activities for 20 seconds each.

1. Swim like you are in a giant pool.
2. Jump up and down in place like you are on the moon.
3. Reach up high like you are grabbing a star.
4. Play the drums and march around the room like you are in a band.
5. Jog in place like you are crossing the finish line.

## Healthy Snack Ideas

- **Trail mix – make your own with raisins, cereal and nuts**
- **Deli meat with veggies or pickles**
- **Applesauce**



# Healthy At-Home Activities!

## Plant Placemats (indoor or outdoor activity)

### You Need:

Wax paper, plants (leaves, dead flowers, grass, etc.), iron/ironing board, tape

### Set Up:

1. For each placemat, tear **two pieces** of wax paper, each 14–18 inches long.
2. Gather different plants and leaves from your yard. Look for those that are on the ground. If they are damp, let them sit inside until they are dry. This may take a few days.

### How to Play:

1. Brush the dirt off the things you collected. Arrange them on a piece of wax paper. Cover it with another piece of wax paper.
2. **With an adult's help**, use a hot iron to seal the two pieces of wax paper together. The leaves and plants will be “sandwiched” in between.
3. Trim the mat if needed. Seal the edges with tape.

Adapted from: *Go Outside*, Nancy Blakey



## FitBits™ Fun!

### Try this FitBits™ Activity! “Check Your Heart”

When we exercise, our heart and muscles get stronger. Some exercises make your heart beat fast or more slowly. Do each of these activities for 20 seconds. After each one, place your hand over your heart to see if it is beating fast or slow.

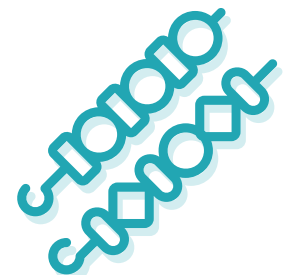
1. Walk slowly around the room.
2. Walk quickly around the room.
3. March in place with knees high.
4. Skip around the room.
5. Hop on two feet around the room.
6. Walk slowly around the room.
7. Stand in place and raise your arms slowly above your head.
8. Take three deep slow breaths. Breath in for three seconds and out for seven seconds each time.
9. Stand very still and take 10 deep slow breaths.

## Healthy Snack Idea

### Mini Kebabs

Put olives, cherry tomatoes and cheese on a toothpick.

Eat and enjoy!





# Healthy At-Home Activities!

## Rain Painting (outdoor activity)

### You Need:

Poster paint or water color paint, paintbrushes, paper

### Set Up:

1. Paint a picture!
2. Let it dry.

### How to Play:

1. Place the dried painting outdoors on a rainy day.
2. Check your painting after a few minutes. Depending on how heavy it is raining, the paint makes fun drizzle effects.
3. Experiment! Try using different colors, or place the painting in different places around your yard.

**No rain? Ask you parents if you can get your painting wet in the bathtub or sink. Use cold water.**



Adapted from: *Go Outside*, Nancy Blakey

## FitBits™ Fun!

### Try this FitBits™ Activity! “Smoothie Whirl”

Choosing healthy snacks is tasty and good for you! One healthy snack is a smoothie. To make a smoothie you can add milk, yogurt and fruit (fresh, frozen or canned). Put everything in a blender and mix it up. Try this:

1. Name different fruits you would put into a smoothie. Then put a bowl in the middle of the room to be “the blender.” Start to walk around it quickly.
2. Yell out a fruit or veggie you would add to your smoothie and walk up to the bowl.
3. Walk around the bowl until you have decided it’s ready for “blending”.
4. Choose whether to blend the smoothie on low, medium or high. “Blending” is running in place.
5. If blending on low, your running in place will be big, slow movements.
6. If blending on medium, your running in place should be quick, but not fast.
7. If blending on high, you should be running in place very fast!
8. Start again with another “smoothie.”

## Healthy Snack Ideas

- **Waffle with peanut butter**
- **Toast with avocado and/or tomato slices**
- **Tuna on crackers**



# Healthy At-Home Activities!

## Silly Relay Races (indoor or outdoor activity)

### You Need:

Small toys, laundry baskets or buckets, spoons balls, yarn, tape, empty containers, etc.

### Set Up:

1. Clear some space. Move anything out of the way (furniture, knick-knacks, etc.) that is breakable, has sharp corners or tips easily.
2. Place laundry baskets or buckets on one side of the room. Make a starting line on the other side of the room for each relay station.
3. Make a starting line.
4. Name and label each relay station.

### How to Play:

1. To start, have each child stand at the starting line of each station. Move through the room doing the different activities, quickly and carefully.
2. Players should be challenged at each station to do a different activity. For example:
  - Pick up a small toy with a ladle one side of the room and put them in a bucket on the other side.
  - Use a pair of kitchen tongs to carry a stuffed animal around the couch and into a laundry basket.
  - Set up containers and zig zag around them while kicking a soft ball.

Adapted from: *Go Outside*, Nancy Blakey



## FitBits™ Fun!

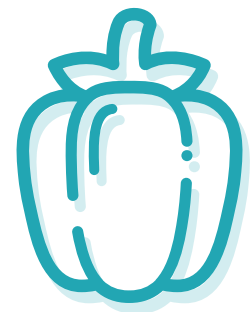
### Try this FitBits™ Activity! “Move Like Animals”

Animals and people both need to move their body every day! People also need to eat from the five MyPlate food groups. Follow these directions and move your body while you pretend to eat like animals.

1. Mice like cheese from the dairy group. Wiggle your nose, tip-toe and nibble like a mouse.
2. Rabbits like carrots from the vegetable group. Hop on two feet (10 times) like a rabbit. While you're hopping, pretend you are chomping on a big sweet carrot.
3. Lions like meat from the protein group. Get on your hands and knees and walk like a lion. Don't forget to roar!
4. Horses like hay from the grains group. Stand up and gallop like a horse.
5. Elephants like fruit from the fruit group. Walk like an elephant and swing your arms like a long trunk.

## Healthy Snack Idea

Enjoy red and green pepper strips with guacamole, vegetable dip or hummus.



# Healthy At-Home Activities!

## Rocket Ball (outdoor activity)

### You Need:

Old pair of tights, tennis ball

### Set Up:

1. Place the tennis ball in the toe of the tights.
2. Knot the tights to hold the ball in place.

### How to Play:

To play with your rocket ball, hold the end of the tights, swing it over your head, and toss it into the air or against a wall.

**Make sure nobody is around you while swinging your rocket ball!**



Adapted from: *Go Outside*, Nancy Blakey

## FitBits™ Fun!

### Try this FitBits™ Activity! “Push it for 20”

It's important to wash your hands for at least 20 seconds with warm water and soap. Practice what 20 seconds feels like. Do each activity for 20 seconds.

1. March in place
2. High knees (One at a time, lift your knee to your chest. Then switch. Do this as fast as possible!)
3. Flamingo (Hop on one foot and keep switching.)
4. Arm circles
5. Jumping Jacks
6. Windmills (Move your arms around your body like a windmill – or like you're swimming!)
7. Jump with two feet
8. Jog in place
9. Dance
10. Stand on your tip toes and reach for the sky

## Healthy Snack Idea

### Hard Boiled Eggs:

1. Place six large eggs in a single layer in a pot. Add water cover the eggs by at least one inch.
2. Quickly bring to boiling. When boiling starts, turn off the heat and put the lid on the pot.
3. Let sit 14 minutes then drain.
4. Immediately place eggs in a bowl of ice water. Let sit 10 minutes or until cool.
5. Peel and eat.

**Only use the stove with the help of an adult!**



# Healthy At-Home Activities!

## Rub the City (outdoor city)

### You Need:

Crayons with the paper removed or colored chalk, large paper

### Set Up:

With an adult, take a walk in your neighborhood or city. Bring paper and chalk or crayons with you.

### How to Play:

1. While taking your walk, keep an eye out for interesting textures such as the sidewalk, a tree or a leaf on the ground. Look for things that are both bumpy and smooth.
2. When you find something interesting, lay the paper on top of it. Carefully rub the crayon or chalk on top of the paper until the design appears.
3. Keep walking until you have at least five different textures.

**Make sure an adult is with you when exploring your city or neighborhood.**

Adapted from: *Go Outside*, Nancy Blakey



## FitBits™ Fun!

### Try this FitBits™ Activity! “Movin’ with the Food Groups”

Each food group contains many different foods. It’s important to eat from all five food groups to be healthy.

**To play:** The leader plays music and chooses a command from the list below. Continue playing until all five activities are completed. Switch leaders so everyone gets a turn.

1. Hop on one foot. When the music stops name a fruit.
2. Hop on the other foot. When the music stops name a vegetable.
3. Sway like a tree, bending and stretching side to side. When the music stops name a grain.
4. Wave arms back and forth-when music stops, name a protein food.
5. Dangle your arms low to the ground. When the music stops name a dairy food.

Get creative! Have the leader makes up a command.

## Healthy Snack Idea

**Mini pancakes topped with fruit or peanut butter**



# Healthy At-Home Activities!

## Scavenger Hunt (indoor or outdoor activity)

### You Need:

Several small items you can hide, such as stuffed animals, shoes, small toys, cans, dice, etc.

### Set Up:

1. Make a list of all the things you will hide.
2. Hide the items somewhere in the house or yard. Make a note of where you hid them on your list.
3. Tell players when they find something to pick it up and bring it back to you. Then add their name to the list next to the item they found.

### How to Play:

1. Give players a list of items you would like them to find.
2. Use a timer to see how long it takes for players to find all items. You can also give them a time limit to find the items.



Adapted from: *Go Outside*, Nancy Blakey

## FitBits™ Fun!

### Try this FitBits™ Activity! “Hoppin’ for Fruits and Veggies”

Fruits and vegetables have important nutrients we need to stay healthy. When you eat a meal, try to make half of your plate fruits and vegetables. Below are two lists. Read aloud each meal or snack. If it is missing a fruit or vegetable name one you would add such as “green beans” or “peaches”. Do the corresponding “hops” from the list below for 10 seconds.

#### Hops

- If you name a vegetable hop on left foot
- If you name a fruit... hop on right foot
- If you name both... hop on two feet

#### Meals or Snacks

- |                          |                                 |
|--------------------------|---------------------------------|
| • Cereal and milk        | • Blueberry and banana smoothie |
| • Chicken and biscuits   | • Pancakes and eggs             |
| • Broccoli Mac & Cheese  | • Chips and dip                 |
| • Peanut butter sandwich |                                 |
| • Hamburger and fries    |                                 |

## Healthy Snack Idea

1. Put a scoop of yogurt in a cup or bowl.
2. Layer on fruit and top with granola.
3. Repeat the layers.



# Healthy At-Home Activities!

## Birdseed Sandwiches (indoor or outdoor activity)

### You Need:

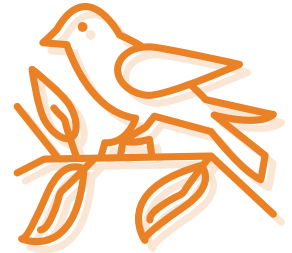
Bread slices, peanut butter, honey, birdseed, cookie cutters, pencil/string

### Set Up:

1. Gather all materials and place them on a clean work surface such as a countertop or picnic table.

### How to Play:

1. Use a cookie cutter to cut a shape from two slices of bread.
2. Spread one piece with peanut butter, the other with honey.
3. Sprinkle birdseed on both sides of the sandwich and press the two slices, sticky sides together.
4. Drill a hole with the pencil near the top of the sandwich.
5. Thread the string through the hole. Hang from the branches of a tree.



Source: *Go Outside*, Nancy Blakey

## FitBits™ Fun!

### Try this FitBits™ Activity! “Musical Food Groups”

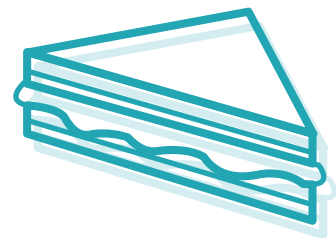
It's important to eat from all the five food groups! The more variety, the more likely you are to get the nutrients, vitamins and minerals you need to be healthy. In this activity, music will be playing. You will do a movement until the music stops. When the music stops, you will freeze. Someone will name a food group and you will name a food from that group. Once you've gone through all the food groups, go again with a different movement!

1. Hop on one foot. When the music stops, name a fruit.
2. Hop on the other foot. When the music stops, name a vegetable.
3. Sway like a tree, bending and stretching side to side. When the music stops, name a grain.
4. Wave your arms back and forth or do “The Wave”. When the music stops, name a protein food.
5. Dangle arms low to the ground. When the music stops, name a dairy food.

## Healthy Snack Idea

### People Seed Sandwiches

Make the same thing you made above, except use sunflower or pumpkin seeds instead of birdseed. Skip the hole and string. You've just made a people seed sandwich! Eat it for a meal or snack.



# Healthy At-Home Activities!

## Indoor Skee Ball (indoor activity)

### You Need:

Five empty containers such as laundry baskets, boxes, pots or buckets; paper (colored if you have it); a marker or pen; tape; five soft balls or rolled up socks

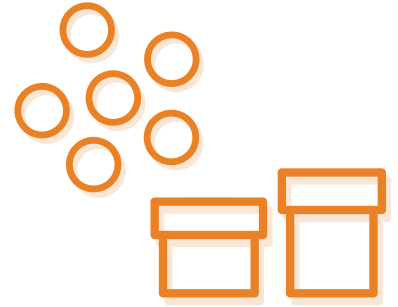
### Set Up:

1. Cut out five large squares of paper. On each of the five squares, write a point value: 5, 10, 15, 20 and 25. Tape a point value card to each basket or container.
2. Space out the baskets/containers at different distances away from a "starting line". The 25 point basket should be farthest from the starting line and the 5 point should be closest.

### How to Play:

1. Give player 1 five balls (or socks).
2. Start at the starting line. Try to toss or throw a ball into each of the baskets/containers.
3. Every time a ball lands in one of the baskets/containers, that player receives the assigned points.
4. Let each player have a turn tossing the balls.
5. The person with the most points at the end of the game wins and the game starts over.

Inspired by: [frugalfun4boys.com](http://frugalfun4boys.com)



## FitBits™ Fun!

### Try this FitBits™ Activity! "Tossed Salad"

Salads are a healthy meal or side dish. In this activity, pretend to make a salad. Put something in the middle of the room that looks like a salad bowl. Then **pretend** to make a salad with lots of different and healthy ingredients.

1. Players take turns walking to the "salad bowl", naming a salad ingredient (see below for ideas), and adding an ingredient to the bowl.
2. Once the bowl has five ingredients, it's full. Now it's time to toss the salad! Choose a move below for "tossing". Do the move together for 15 seconds.
3. When done, pretend to eat the salad then start over with another salad!

#### Moves Ideas

Jump up and down, walk fast around the salad bowl, dance, hop or wiggle in place to "mix the salad"

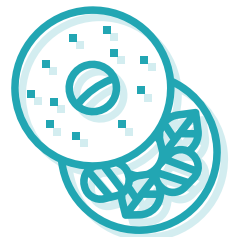
#### Salad Ingredient Ideas

zucchini, cabbage, cooked chicken, cooked eggs, peas, corn, salsa, seeds, oranges, blueberries, dried fruit, beans, nuts, mushrooms, broccoli, cauliflower, apples, cheese, onions, tomatoes, peppers, celery, avocado

## Healthy Snack Idea

### Pizza Bagel

Toast a split bagel. Spread with pizza/pasta sauce and top with cut up veggies and shredded cheese. Microwave until cheese melts, about 10 seconds. **If you need help with the microwave ask an adult or older brother or sister.**





# Healthy At-Home Activities!

## Sky Floaters (outdoor activity)

### You Need:

Plastic shopping bag, string/yarn/twine/etc., scissors, small toy/car/figure or bolt (for weight)

### Set Up:

1. Flatten out a plastic bag and cut a square from it.
2. Make a hole in each corner of the bag. Be sure you are not too close to the edges.
3. Cut four equal lengths of string – each about 24 inches long.
4. Tie one string to each corner of the plastic bag to form a parachute.
5. Tie the toy on to the parachute using all four strings. Try to keep the strings even in length.

### How to Play:

Once fully assembled, hold the parachute and toy together in one hand, throw into the air and watch it float to the ground.

Adapted from: *Go Outside*, Nancy Blakey



## FitBits™ Fun!

### Try this FitBits™ Activity! “Thank You Bite”

It's good to try new healthy foods. In this activity, pretend to take a “thank you bite”. Each time you read a food, pretend to take a bite. If you have tried that food before hop 10 times. If you have not tried it before, do 10 jumping jacks.

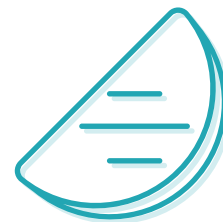
1. Apple
2. Strawberry
3. Zucchini
4. Bell Pepper
5. Broccoli
6. Raspberry
7. Peach
8. Spinach

## Healthy Snack Idea

### Peanut Butter and Banana Quesadilla

1. Spread peanut butter on a tortilla.
2. Peel a banana and cut it into slices.
3. Put banana slices on one side of tortilla and sprinkle with cinnamon.
4. Fold the tortilla over and grill in a frying pan until golden. You can also warm it in a microwave until heated.

Ask an adult for help using the oven.





# Healthy At-Home Activities!

## Grass Sledding (outdoor activity)

### You Need:

Large flattened cardboard box, helmet, grassy hill

### Set Up:

1. Make sure the hill you choose is safe and clear of hazards such as a road, construction signs or trees.
2. Flatten your cardboard box.

### How to Play:

1. Put on your helmet and secure it.
2. Sit on the cardboard box.
3. Pull the front of the box over your feet and hold onto it.
4. Have someone gently push you down the grassy hill or sled down yourself.



Adapted from: *Go Outside*, Nancy Blakey

## FitBits™ Fun!

### Try this FitBits™ Activity! “Stretch, Lift and Run!”

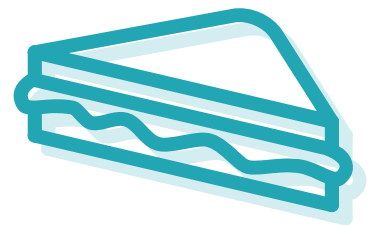
To keep our bodies healthy, we should try to be active for an hour a day. There are three main kinds of exercise: strength, flexibility and endurance. Flexibility exercises help stretch your muscles. Strength exercises help your muscles get stronger. Endurance exercises make your heart beat faster and grow stronger. Practice all three kinds of exercises below. *Which do you like best?*

1. **Stretching:** Try the tree yoga pose. Stand on your left foot only. Put your right foot on your inner thigh, so your knee is pointing to the side. Bring your hands together, holding them over your head. Hold for 30 seconds and repeat on the other leg.
2. **Strength:** Find a partner and get into a push up position. High five your partner using one hand and then switch to the other.
3. **Endurance:** March in place for 20 seconds. Then run in place for 20 seconds.

## Healthy Snack Idea

### Tomato, Spinach & Cheese Melt

Toast a slice of bread. Top it with a few slices of tomatoes and some cheese. Heat in the microwave until the cheese has melted (5–10 seconds). Or, place sandwich in the oven to melt the cheese. **Ask an adult to help you use the oven.**



# Healthy At-Home Activities!

## Sock Walk (outdoor activity)

### You Need:

Long old sock, magnifying glass

### Set Up:

Pull the sock onto your shoe and over your pants.

### How to Play:

1. Go for a walk in a place with tall weeds or grass such as a field or backyard.
2. Once you are home and still outside, pull off your sock. Use a magnifying glass to look carefully at the seeds you picked up on your adventure!



Adapted from: *Go Outside*, Nancy Blakey

## FitBits™ Fun!

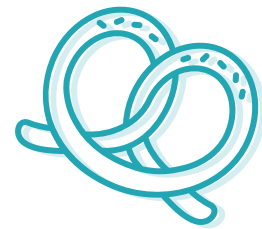
### Try this FitBits™ Activity! “Balance It!”

It's important for us to eat healthy foods, get enough sleep, drink enough water and exercise. This helps us to feel good and grow. Some call this finding the right balance. Practice balancing. Do the things below to remind yourself how to balance different things and be healthy.

1. Stand on your tip toes – tall like a tree! Stretch your arms to the sky.
2. Put one leg out to the side and hold for 10 seconds. Switch sides.
3. Lift one knee up to waist height. Balance on one foot as long as you can. Try the other side.
4. Get on the floor and balance on one knee and one hand. Switch sides.
5. Balance on both knees (no hands or feet touching the floor).

## Healthy Snack Ideas

- Pretzels and mustard
- Oatmeal with fruit, peanut butter or jam
- Crackers or chips and salsa or bean dip



# Healthy At-Home Activities!

## String Game in The Woods (outdoor activity)

### You Need:

String, yarn or twine

### Set Up:

**Parents:** Tie one end of a ball of string to something like a table leg. Slowly walk, unraveling the string around the bushes, between the trees, over outdoor chairs and tables, etc. Zigzag your way to the place your child will start their journey.

### How to Play:

1. Give your child the end of the string and have them follow it back to the start.
2. Tell your child to roll up the string as they go along and recycle it for another use.
3. Repeat with a different string layout.



Source from: *Go Outside*, Nancy Blakey

## FitBits™ Fun!

### Try this FitBits™ Activity! “Breakfast for Me!”

Eating breakfast gives you energy that helps you learn and play. Listed below are five healthy breakfast ideas. If you would eat that food for breakfast, do the movement that is underlined 10 times. If you would not eat that for breakfast, do the move that is not underlined 10 times.

1. Eggs: **Jump on two feet** OR jog in place
2. Oatmeal: **Kick your foot** OR stand on your tip toes
3. Cereal: **Wiggle your body** OR hop on one foot
4. Toast: **Stretch and touch the floor** OR arm circles
5. Yogurt: **Jumping jacks** OR sit-ups

## Healthy Snack Idea

### Cheesy Popcorn

1. Microwave a bag of popcorn according to the package instructions. Put popped popcorn in a large bowl and spray lightly with non-stick spray.
2. Sprinkle with a little Parmesan cheese.

**Ask an adult for help using the microwave.**

