

# 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

