

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

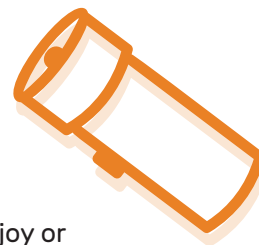
Set Up:

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.**

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| 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!

