

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**

