

# 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**

