

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.

