

Healthy At-Home Activities!

Rocket Ball (outdoor activity)

You Need:

Old pair of tights, tennis ball

Set Up:

1. Place the tennis ball in the toe of the tights.
2. Knot the tights to hold the ball in place.

How to Play:

To play with your rocket ball, hold the end of the tights, swing it over your head, and toss it into the air or against a wall.

Make sure nobody is around you while swinging your rocket ball!



Adapted from: *Go Outside*, Nancy Blakey

FitBits™ Fun!

Try this FitBits™ Activity! “Push it for 20”

It's important to wash your hands for at least 20 seconds with warm water and soap. Practice what 20 seconds feels like. Do each activity for 20 seconds.

1. March in place
2. High knees (One at a time, lift your knee to your chest. Then switch. Do this as fast as possible!)
3. Flamingo (Hop on one foot and keep switching.)
4. Arm circles
5. Jumping Jacks
6. Windmills (Move your arms around your body like a windmill – or like you're swimming!)
7. Jump with two feet
8. Jog in place
9. Dance
10. Stand on your tip toes and reach for the sky

Healthy Snack Idea

Hard Boiled Eggs:

1. Place six large eggs in a single layer in a pot. Add water cover the eggs by at least one inch.
2. Quickly bring to boiling. When boiling starts, turn off the heat and put the lid on the pot.
3. Let sit 14 minutes then drain.
4. Immediately place eggs in a bowl of ice water. Let sit 10 minutes or until cool.
5. Peel and eat.

Only use the stove with the help of an adult!

