

Healthy At-Home Activities!

Scavenger Hunt (indoor or outdoor activity)

You Need:

Several small items you can hide, such as stuffed animals, shoes, small toys, cans, dice, etc.

Set Up:

1. Make a list of all the things you will hide.
2. Hide the items somewhere in the house or yard. Make a note of where you hid them on your list.
3. Tell players when they find something to pick it up and bring it back to you. Then add their name to the list next to the item they found.

How to Play:

1. Give players a list of items you would like them to find.
2. Use a timer to see how long it takes for players to find all items. You can also give them a time limit to find the items.



Adapted from: *Go Outside*, Nancy Blakey

FitBits™ Fun!

Try this FitBits™ Activity! “Hoppin’ for Fruits and Veggies”

Fruits and vegetables have important nutrients we need to stay healthy. When you eat a meal, try to make half of your plate fruits and vegetables. Below are two lists. Read aloud each meal or snack. If it is missing a fruit or vegetable name one you would add such as “green beans” or “peaches”. Do the corresponding “hops” from the list below for 10 seconds.

Hops

- If you name a vegetable hop on left foot
- If you name a fruit... hop on right foot
- If you name both... hop on two feet

Meals or Snacks

- Cereal and milk
- Chicken and biscuits
- Broccoli Mac & Cheese
- Peanut butter sandwich
- Hamburger and fries
- Blueberry and banana smoothie
- Pancakes and eggs
- Chips and dip

Healthy Snack Idea

1. Put a scoop of yogurt in a cup or bowl.
2. Layer on fruit and top with granola.
3. Repeat the layers.

