

Healthy At-Home Activities!

Sock Walk (outdoor activity)

You Need:

Long old sock, magnifying glass

Set Up:

Pull the sock onto your shoe and over your pants.

How to Play:

1. Go for a walk in a place with tall weeds or grass such as a field or backyard.
2. Once you are home and still outside, pull off your sock. Use a magnifying glass to look carefully at the seeds you picked up on your adventure!



Adapted from: *Go Outside*, Nancy Blakey

FitBits™ Fun!

Try this FitBits™ Activity! “Balance It!”

It's important for us to eat healthy foods, get enough sleep, drink enough water and exercise. This helps us to feel good and grow. Some call this finding the right balance. Practice balancing. Do the things below to remind yourself how to balance different things and be healthy.

1. Stand on your tip toes – tall like a tree! Stretch your arms to the sky.
2. Put one leg out to the side and hold for 10 seconds. Switch sides.
3. Lift one knee up to waist height. Balance on one foot as long as you can. Try the other side.
4. Get on the floor and balance on one knee and one hand. Switch sides.
5. Balance on both knees (no hands or feet touching the floor).

Healthy Snack Ideas

- Pretzels and mustard
- Oatmeal with fruit, peanut butter or jam
- Crackers or chips and salsa or bean dip

