

# Healthy At-Home Activities!

## String Game in The Woods (outdoor activity)

### You Need:

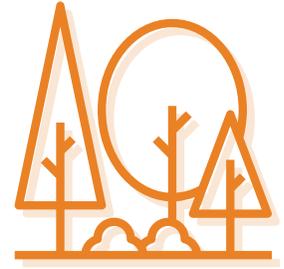
String, yarn or twine

### Set Up:

**Parents:** Tie one end of a ball of string to something like a table leg. Slowly walk, unraveling the string around the bushes, between the trees, over outdoor chairs and tables, etc. Zigzag your way to the place your child will start their journey.

### How to Play:

1. Give your child the end of the string and have them follow it back to the start.
2. Tell your child to roll up the string as they go along and recycle it for another use.
3. Repeat with a different string layout.



Source from: *Go Outside*, Nancy Blakey

## FitBits™ Fun!

### Try this FitBits™ Activity! “Breakfast for Me!”

Eating breakfast gives you energy that helps you learn and play. Listed below are five healthy breakfast ideas. If you would eat that food for breakfast, do the movement that is underlined 10 times. If you would not eat that for breakfast, do the move that is not underlined 10 times.

1. Eggs: Jump on two feet OR jog in place
2. Oatmeal: Kick your foot OR stand on your tip toes
3. Cereal: Wiggle your body OR hop on one foot
4. Toast: Stretch and touch the floor OR arm circles
5. Yogurt: Jumping jacks OR sit-ups

## Healthy Snack Idea

### Cheesy Popcorn

1. Microwave a bag of popcorn according to the package instructions. Put popped popcorn in a large bowl and spray lightly with non-stick spray.
2. Sprinkle with a little Parmesan cheese.

Ask an adult for help using the microwave.

