

Healthy At-Home Activities!

Balloon Ball (indoor activity)

You Need:

Balloon, string or rope (optional)

Set Up:

If using string, turn over two chairs and tie a string across them both to form a “net”.

How to Play:

1. **The object of the game:** Children must hit the balloon over the “net” without it touching the floor.
2. If not using the “net”, have kids try to see how long they can keep the balloon in the air, by hitting it with their hands, without it hitting the ground.



Adapted from: *Mommy Poppins*, Anna Fader

Still Bored?

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

There are so many places in Michigan where you can be active. Take a tour of your amazing state! Act out each of these things for 20 seconds.

1. Climb the Sleeping Bear Dunes (it’s sandy, so use big movements!).
2. Fish in the Upper Peninsula (practice casting off using each arm).
3. Flap our wings like the state bird – a robin.
4. Stomp Michigan grapes for grape juice.
5. March across the Mackinac Bridge.
6. Tip toe carefully across the hot Michigan sand. Then, jump in Lake Michigan and swim.
7. Pick Michigan apples from an apple tree. Get on your tip toes and reach high.
8. Throw a touchdown pass like a Detroit Lion.
9. Skate side-to-side like a Detroit Red Wing.
10. Dribble a basketball and shoot some hoops like a Detroit Piston.

Healthy Snack Ideas

- Cheese and crackers
- Yogurt and fruit
- Celery and peanut butter

