

Healthy At-Home Activities!

At-Home Carnival (indoor activity)

You Need:

Chair, hat, empty containers (cereal boxes, bottles, cans, etc.), tape, yarn, soft ball/soft toy or beanbags

Set Up:

1. **Activity A: Chair Hat Toss:** Turn a chair over so the legs are facing up.
2. **Activity B: Bowling Knock Down:** Set up clean empty containers in the shape of bowling pins.
3. **Activity C: Giant Tic-Tac-Toe:** Use string or tape to create a giant tic-tac-toe board on the floor.

How to Play:

1. **Activity A: Assign each leg of the chair a point value.** Players try to toss a hat onto the chair legs to get as many points as possible.
2. **Activity B: Knock down as many containers as possible using a soft ball or toy.** The most points wins.
3. **Activity C: Each person gets three objects that are the same, such as mittens or rolled up socks.** Take turns tossing items (mittens or socks) onto the board. The first person to get three in a row (horizontally or diagonally) wins.

Adapted from: *Fatherly*, and Mom Junction



Still Bored?

Try this FitBits™ Activity! “Have It Your Way”

There are many ways to move your body. Try out new things to see what you like! Write the ideas listed below on a piece of paper and put them into a bowl. Have each player pull a “move.” For this activity, one player acts out his or her “move” while the others guess what the “move” is. Once guessed correctly, everyone does the “move” 15 times together. The player, who guessed right, becomes the next actor.

- | | |
|---------------------------|---------------------------|
| 1. Dribbling a basketball | 6. Hitting a baseball bat |
| 2. Dancing | 7. Ice skating |
| 3. Hula-hooping | 8. Walking the dog |
| 4. Jumping rope | 9. Running |
| 5. Swimming | 10. Yoga |

Healthy Snack Ideas

- **Popcorn with parmesan cheese**
- **Animal crackers and yogurt**
- **Granola bar and milk**

