

# Healthy At-Home Activities!

## The Floor is Lava (indoor activity)

### You Need:

Several items you don't mind kids standing on, such as pillows, blankets, sheets, chairs, mattresses, phone books, etc.

### Set Up:

1. Clear some space. Do not use and move out of the way any furniture that is breakable, has sharp corners or tips over easily.
2. Set up the items you chose on the floor. Make sure some of the floor is still exposed.



### How to Play:

1. The object of the game: Children must carefully and constantly move around the room without touching the floor. Remember – the floor is lava!
2. Kids should move around the room by climbing on the objects you set up. They can also make bridges with other safe items.
3. They cannot be in the same spot for more than 10 seconds.
4. If a child does touch the “lava” they must do a physical activity in place, such as jogging in place or doing 10 jumping jacks before they get back in the game.

Adapted from: *Games Kids Play*

## Still Bored?

### Try this Fit Bits™ activity: “Fruit and Veggie Yoga”

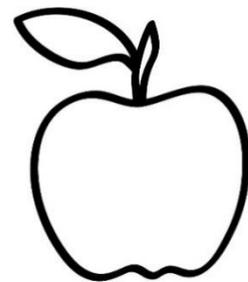
There are lots of different ways to exercise! Some are slower than others, but still are healthy. One type of slow exercise is yoga. Yoga is a stretching exercise that can help with balance. Do each of these activities once, then repeat.

1. Stretch like a carrot by balancing on one foot, with your knee pointed forward. Keep your arms straight and slowly raise them above your head. While balancing, lower and raise your arms 10 times. Switch to the other foot and do the same thing.
2. Stand with your legs spread apart as wide as your shoulders. Bend over with your arms spread out and try to touch the floor. Keep your knees a little bent. “Walk” your hands across the floor toward you until your hands are between your feet. Then very slowly, raise yourself back up until you are reaching for the sky.

Source: Michigan Fitness Foundation, Fit Bits™ Booklet

## Healthy Snack Ideas

- Apple with peanut butter
- Cereal and fruit
- Veggies and dip (hummus, ranch, bean dip or salsa)



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