

Healthy At-Home Activities!

Obstacle Course (indoor activity)

You Need:

Several items such as pillows, blankets, sheets, soft objects, chairs, laundry baskets, kitchen utensils, books, flash cards, buckets, marbles, yarn, tape, 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 around the room.

How to Play:

1. The object of the game: Children move carefully and constantly through the obstacle course.
2. Challenge kids to move from one part of the course to the other in different ways. For example, players go through the obstacle course:
 - With a book or their hands on their head
 - Holding hands with a partner
 - On their tip toes



Adapted from: *Mommy Poppins*, Sara F.

Still Bored?

Try this FitBits™ Activity! “Move Like...”

Moving your body every day helps build strong muscles and a healthy heart. Try to be active for one hour each day! Have fun being active and choose things you like to do. Try each of these activities for 20 seconds each.

1. Swim like you are in a giant pool of Jell-O.
2. Jump up and down in place like you are on the moon.
3. Reach up high like you are grabbing a star.
4. Play the drums and march around the room like you are in a band.
5. Jog in place like a big rabbit is chasing you.

Healthy Snack Ideas

- **Trail mix – make your own with raisins, cereal and nuts**
- **Deli meat with veggies or pickles**
- **Applesauce**

