

Healthy At-Home Activities!

Indoor Skee Ball (indoor activity)

You Need:

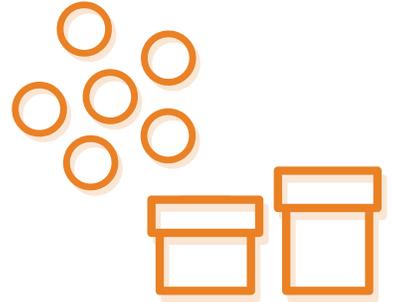
Five empty containers such as laundry baskets, boxes, pots or buckets; paper (colored if you have it); a marker or pen; tape; five soft balls or rolled up socks

Set Up:

1. Cut out five large squares of paper. On each of the five squares, write a point value: 5, 10, 15, 20 and 25. Tape a point value card to each basket or container.
2. Space out the baskets/containers at different distances away from a "starting line". The 25 point basket should be farthest from the starting line and the 5 point should be closest.

How to Play:

1. Give player 1 five balls (or socks).
2. Start at the starting line. Try to toss or throw a ball into each of the baskets/containers.
3. Every time a ball lands in one of the baskets/containers, that player receives the assigned points.
4. Let each player have a turn tossing the balls.
5. The person with the most points at the end of the game wins and the game starts over.



Still Bored?

Try this FitBits™ Activity! "Tossed Salad"

Salads are a healthy meal or side dish. In this activity, pretend to make a salad with plenty of yummy and healthy items. Put something in the middle of the room that looks like a salad bowl. Then **pretend** to make a salad with lots of different and healthy ingredients.

1. Players take turns walking to the "salad bowl", naming a salad ingredient (see below for ideas), and adding an ingredient to the bowl.
2. Once the bowl has five ingredients, it's full. Now it's time to toss the salad! Choose a move below for "tossing". Do the move together for 15 seconds.
3. When done, pretend to eat the salad then start over with another salad!

Moves Ideas

Jump up and down, walk fast around the salad bowl, dance, hop or wiggle in place to "mix the salad"

Salad Ingredient Ideas

zucchini, cabbage, cooked chicken, cooked eggs, peas, corn, salsa, seeds, oranges, blueberries, dried fruit, beans, nuts, mushrooms, broccoli, cauliflower, apples, cheese, onions, tomatoes, peppers, celery, avocado

Healthy Snack Idea

Pizza Bagel

Toast or microwave a split bagel. Spread with pizza/pasta sauce and top with cut up veggies and shredded cheese. Microwave until cheese melts. **If you need help with the microwave ask an adult or older brother or sister.**

