

Healthy At-Home Activities!

Candle Quench (outdoor activity)

You Need:

Several taper candles, box of matches, squirt gun filled with water, clay or candlesticks to secure candle upright

Set Up:

1. On a table or rail, have **THE ADULT** place a candle upright and firmly into a piece of clay or in a candlestick holder.
2. All players must stand a good distance away from the candle 2-5 feet.
3. **THE ADULT** lights the candle.

How to Play:

1. Once the game is set up, players try to extinguish the flame with the water from squirt guns.
2. Count the number of squirts it takes until the fire is out.



NOTE: An adult must be present to do this activity.

Adapted from: *Go Outside*, Nancy Blakey

Still Bored?

Try this FitBits™ Activity! “Hoppin’ for Fruits and Veggies”

Fruits and vegetables have important nutrients we need to stay healthy. When you eat a meal, try make half of your fruits and vegetables. Below are two lists. Read aloud each meal or snack. If it is missing a fruit or vegetable name one you would add such as “green beans” or “peaches”. Do the corresponding “hops” from the list below for 10 seconds.

Hops

- If you name a vegetable hop on left foot
- If you name a fruit... hop on right foot
- If you name both... hop on two feet

Meals or Snacks

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|-------------------------------------|---------------------------------|
| • Cereal and milk | • Hamburger and fries |
| • Chicken and biscuits | • Blueberry and banana smoothie |
| • Macaroni and cheese with broccoli | • Pancakes and eggs |
| • Peanut butter sandwich | • Chips and dip |

Healthy Snack Idea

Frosty Fruit

Wash and peel a fruit. Place a stick into the fruit. Roll it in melted chocolate, dried fruits, nuts and seeds. Freeze until chocolate is hardened. Enjoy like a popsicle!

