

Healthy At-Home Activities!

Move It Three Ways (indoor or outdoor activity)

You Need:

Music, balled up socks

Set Up:

1. Activity A: Freeze Dance – Clear some space and turn on some music.
2. Activity B: Simon Says – Clear some space and choose a “Simon.”
3. Activity C: Snowball Fight – Set up objects around the room that people can duck behind. Remove or secure breakable items. Give each player a few pairs of balled-up socks (the “snowballs”).

How to Play:

1. Activity A – Play music and invite players to dance any way they like. When the music stops, they must freeze. If they are moving after the music stops, they have to do a physical activity (10 jumping jacks, pushups, etc.)
2. Activity B – Choose someone to be “Simon.” “Simon” must choose an activity everyone must copy. He/she says “Simon says... (do movement)”. All players then copy “Simon.” If “Simon” does not say “Simon says” and a player copies the movement, he/she must do 10 jumping jacks, or another physical activity.
3. Activity C – The object of the game is to try to not get hit by “snowballs.” Each player gets a few pairs of socks to gently throw at one another. Players carefully move around the room trying to avoid getting hit. If a player gets hit, he/she must turn into a “snow statue.” Statues must stand still one minute (count to 60) before rejoining the game.

Adapted from: *The Deliberate Mom*, Jennifer Bly



Still Bored?

Try this FitBits™ Activity! “Wiggle for Fruit”

There are lots of different ways to eat fruit. You can eat fruit by itself, like eating an apple or a banana. Or, you can eat fruit with another food, such as carrot sticks and dip or yogurt and peaches. Listen to these healthy snack combinations. If you hear a fruit named wiggle for 20 seconds. If the snack does NOT contain a fruit stand still and balance on one foot for 10 seconds.

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| 1. Peanut butter and bread | 6. Oatmeal and peaches |
| 2. Chicken and noodles | 7. Cheese and crackers |
| 3. Bananas on waffles | 8. Carrot sticks and dip |
| 4. Strawberries on cereal | 9. Eggs and toast |
| 5. Tortillas and beans | 10. Yogurt and blueberries |

Healthy Snack Idea

Topped Yogurt

In a bowl, put ½ cup ice cream, yogurt or frozen yogurt. Add your favorite fruit and/or nuts on top.

