

Healthy At-Home Activities!

Bookworm Workout (indoor activity)

You Need:

Book

Set Up:

1. Choose a book that has a word that is **repeated often** (for example, *The Cat in The Hat*).
2. Choose a word in the book that is “the workout word” (for example, if you’re reading *The Cat in the Hat*, choose the word “hat”).

How to Play:

1. Sit down and get ready to enjoy a book.
2. Start reading the book. Every time hear your “workout word” jump up from your sitting position and move your body! For example, do a jumping jack, a somersault, or touch your toes.



Source: *Today's Parent*, Angela Seredniki

Still Bored?

Try this FitBits™ Activity! “Bone Walk”

Eating foods from the dairy group at least twice a day is a good way to be healthy and have strong bones. Being active and doing things like running and jumping helps build strong bones, too! To play, move around the room in a large circle while counting to 10. Then, change direction and move a different way. Pay attention to the difference in the ways you are moving around the room. Here are some ideas:

1. Walk backwards
2. March with high knees
3. Hop on two feet
4. Crawl
5. Walk fast
6. Gallop
7. Hop on one foot

Healthy Snack Idea

Homemade Trail Mix

Mix together cereals, nuts, seeds, popcorn and dried fruit for a tasty and quick snack!

