

Healthy At-Home Activities!

Indoor “Laser” Maze (indoor activity)

You Need:

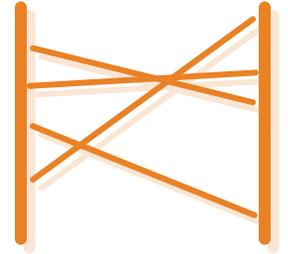
Yarn, tape

Set Up:

1. Unroll a ball of yarn and zig zag it throughout your home by taping the yarn on different parts on the wall. Remove breakable objects.
2. Make sure to tape it at different heights to challenge kids.

How to Play:

1. Start at the beginning of the maze. Children should try to get across the “laser maze” without touching the yarn. Depending on how the yarn is set up, kids may have to jump over, limbo under, or carefully “dive” between the zig zags.
2. If they touch the yarn, they have to start from the beginning.



Source: *Todays Parent*, Angela Seredniki

Still Bored?

Try this FitBits™ Activity! “Giant Chefs”

It’s fun to help cook and prepare healthy food! Pretend to be “Giant Chefs” making a healthy stew. Make sure to do each of these movements very tall and very big, because remember, you are a giant!

1. First the *Giant Chefs* need to wash their hands. Turn on the giant faucet, squirt your hands with giant soap, scrub your giant hands for 20 seconds, rinse your giant hands, then dry with a giant towel.
2. Now, you need to gather the ingredients. Reach into the giant refrigerator and carry your giant onions, celery, carrots and potatoes to the table.
3. Then, reach below you to get out a giant pot, giant lid, giant cutting board, bowl, knife and spoon.
4. Next, wash the giant veggies and then place them on the giant cutting board.
5. Then, chop up your giant vegetables really fast with your hands making karate chop movements.
6. Next, put all the chopped food into the giant pot and carry it to the giant stove. IT IS HEAVY!
7. Turn on the giant stove with your left hand and stir the stew with the giant spoon in your right hand.
8. Use a giant ladle to get the stew out of the pot and into a giant bowl.
9. Eat the stew with a giant spoon!

Healthy Snack Idea

Fruit Smoothie

- Frozen banana cut into chunks
- 1 cup milk or plant-based milk
- 1 cup frozen, fresh, or canned fruit
- A little honey or sugar if needed

With the help of an adult, put all your ingredients into a blender. Blend until smooth. This makes two smoothies.

