

Healthy At-Home Activities!

Rub the City (outdoor city)

You Need:

Crayons with the paper removed or colored chalk, large paper

Set Up:

With an adult, take a walk in your neighborhood or city. Bring paper and chalk or crayons with you.

How to Play:

1. While taking your walk, keep an eye out for interesting textures such as the sidewalk, a tree or a leaf on the ground. Look for things that are both bumpy and smooth.
2. When you find something interesting, lay the paper on top of it. Carefully rub the crayon or chalk on top of the paper until the design appears.
3. Keep walking until you have at least five different textures.

Make sure an adult is with you when exploring your city or neighborhood.



Adapted from: *Go Outside*, Nancy Blakey

Still Bored?

Try this FitBits™ Activity! “Movin’ with the Food Groups”

Each food group contains many different foods. It’s important to eat from all five food groups to be healthy.

To play: The leader plays music and chooses a command from the list below. Continue playing until all five activities are completed. Switch leaders so everyone gets a turn.

1. Hop on one foot. When the music stops name a fruit.
2. Hop on the other foot. When the music stops name a vegetable.
3. Sway like a tree, bending and stretching side to side. When the music stops name a grain.
4. Wave arms back and forth-when music stops, name a protein food.
5. Dangle your arms low to the ground. When the music stops name a dairy food.

Get creative! Have the leader makes up a command.

Healthy Snack Idea

Mini pancakes topped with fruit or peanut butter

