

# Healthy At-Home Activities!

## Plant Placemats (indoor or outdoor activity)

### You Need:

Wax paper, plants (leaves, dead flowers, grass, etc.), iron/ironing board, tape

### Set Up:

1. For each placemat, tear two pieces of wax paper, each 14–18 inches long.
2. Gather different plants and leaves from your yard. Look for those that are on the ground. If they are damp, let them sit inside until they are dry. This may take a few days.

### How to Play:

1. Brush the dirt off the things you collected. Arrange them on a piece of wax paper. Cover it with another piece of wax paper.
2. **With an adult's help**, use a hot iron to seal the two pieces of wax paper together. The leaves and plants will be “sandwiched” in between.
3. Trim the mat if needed. Seal the edges with tape.



Adapted from: *Go Outside*, Nancy Blakey

## Still Bored?

### Try this FitBits™ Activity! “Check Your Heart”

When we exercise, our heart and muscles get stronger. Some exercises make your heart beat fast or more slowly. Do each of these activities for 20 seconds. After each one, place your hand over your heart to see if it is beating fast or slow.

1. Walk slowly around the room.
2. Walk quickly around the room.
3. March in place with knees high.
4. Skip around the room.
5. Hop on two feet around the room.
6. Walk slowly around the room.
7. Stand in place and raise your arms slowly above your head.
8. Take three deep slow breaths. Breath in for three seconds and out for seven seconds each time.
9. Stand very still and take 10 deep slow breaths.

## Healthy Snack Idea

### Mini Kebabs

Put olives, cherry tomatoes and cheese on a toothpick.

