

Healthy At-Home Activities!

Scavenger Hunt (indoor or outdoor activity)

You Need:

Several small items you can hide, such as stuffed animals, shoes, small toys, cans, dice, etc.

Set Up:

1. Make a list of all the things you will hide.
2. Hide the items somewhere in the house or yard. Don't hide too many things or you might forget where you hid them.
3. Tell players when they find something to pick it up and take it with them. The player who finds the most items wins.

How to Play:

1. Give players a list of items you would like them to find.
2. Use a timer to see how long it takes for players to find all items. You can also give them a time limit to find the items.



Adapted from: *Go Outside*, Nancy Blakey

Still Bored?

Try this FitBits™ Activity! “Balancing Food and Fun”

Eat foods from all five food groups to make sure your body gets what it needs to be healthy. This activity reminds players to balance the foods they eat with foods from all five food groups.

To play: Have players take turns naming different foods from each food group while balancing an item, such as a soft toy, magazine or paper plate, somewhere on their bodies. Example: “Balance a plate on your head and name all the foods you can think of in the dairy group.”

Hint: the food groups are fruits, vegetables, grains, proteins and dairy.

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| 1. Hand | 6. Calf |
| 2. Arm | 7. Leg |
| 3. Knee | 8. Foot |
| 4. Elbow | 9. Shoulder |
| 5. Thigh | 10. Back |

Healthy Snack Idea

1. Put a scoop of yogurt in a cup or bowl.
2. Layer on fruit and top with granola.
3. Repeat the layers.

