

Healthy At-Home Activities!

Sky Floaters (outdoor activity)

You Need:

Plastic shopping bag, string/yarn/twine/etc., scissors, small toy/car/figure or bolt (for weight)

Set Up:

1. Flatten out a plastic bag and cut a square from it.
2. Make a hole in each corner of the bag. Be sure you are not too close to the edges.
3. Cut four equal lengths of string – each about 24 inches long.
4. Tie one string to each corner of the plastic bag to form a parachute.
5. Tie the toy on to the parachute using all four strings. Try to keep the strings even in length.

How to Play:

1. Once fully assembled, hold the parachute and toy together in one hand and throw into the air.
2. You can also launch your parachute from any high area (window, play set, deck, etc.).

Adapted from: *Go Outside*, Nancy Blakey



Still Bored?

Try this FitBits™ Activity! “Thank You Bite”

It's good to try new healthy foods. In this activity, pretend to take a “thank you bite”. Each time you read a food, pretend to take a bite. If you have tried that food before hop 10 times. If you have not tried it before, do 10 jumping jacks.

1. Apple
2. Orange
3. Zucchini
4. Bell Pepper
5. Broccoli
6. Mango
7. Peach
8. Spinach

Healthy Snack Idea

Peanut Butter and Banana Quesadilla

1. Spread peanut butter on a tortilla.
2. Peel a banana and cut it into slices.
3. Put banana slices on one side of tortilla and sprinkle with cinnamon.
4. Fold the tortilla over and grill in a frying pan until golden. You can also warm it in a microwave until heated.

Ask an adult for help using the oven.

