

Healthy At-Home Activities!



Hallway Soccer (indoor activity)

You Need:

A soft ball or small soft object, two laundry baskets or large cardboard boxes, an area to play such as a hallway or large room

Set Up:

1. Clear some space. Move furniture that has sharp corners, is glass, or tips over easily, out of the way. Don't include this furniture in the game.
2. Set up one basket or box on each side of the room or hallway. This will be your net. Lay the basket or box on its side.

How to Play:

1. If playing by yourself, stand at the end of the hallway, and try to kick the soccer ball into the basket or box. Make it more challenging by kicking it with your eyes closed, or moving further away from the "net" (box or basket).
2. If playing with more than two people create teams and play a mock "soccer game". Keep score.

When you play indoor soccer, be sure to play away from windows and stairs.

Source from: Adapted, Today's Parent website

Still Bored?

Try this Fit Bits™ activity: "Balancing Fruits and Veggies"

It is important to eat many different foods every day and eat from all the food groups. Practice balancing different fruits and veggies to remind yourself to balance your food choices. Grab a softball or toy and begin walking with it. Pretend the ball is a fruit or vegetable, and balance it on one hand. Try to walk and balance at the same time. Then pretend to balance a different fruit or vegetable and balance it a different way. Do each of the activities below for 30 seconds.

1. Pretend to balance a potato on your head.
2. Pretend to balance a carrot on two fingers.
3. Pretend to balance a pear between your neck and shoulder.
4. Pretend to balance an orange on the top of your foot.
5. Pretend to balance a cucumber on your chin.
shoulder.

Healthy Snack Ideas

- Have an adult help cut cucumbers into circles. Use three cucumber circles to make a snowman body. Then use dried fruit for eyes, nose, mouth, and buttons. Then, use pretzel sticks to build the snowman's arms and top hat!

