

# Healthy At-Home Activities!

## Icy Sun Catchers (outdoor activity)

– for a picture of this project, [click here](#)



### You Need:

Styrofoam or stiff paper plate with edges, water, plants (leaves, flower/petals, pine needles, twigs, acorns, berries etc.), nonstick spray, string, ribbon, yarn, or rubber band (to hang the sun catcher)

### Set Up:

1. Gather different plants and leaves from your yard or neighborhood. Look for those that are on the ground. Brush the dirt off the things you collected.

### How to Play:

1. Lightly spray the paper plate with nonstick spray so when the water freezes, it will not stick to the plate.
2. Arrange your collected items on your plate. Play with different shapes, designs, and colors.
3. Carefully fill your plate with water.
4. Place a string, ribbon, yarn, or rubber band into the water, and make a loop. Be sure to keep half of the loop out of the water so it will freeze in place.
5. Freeze outside (if cold enough) or lay flat in a freezer for a few hours.

**Choose outside play areas away from roads and water. Be sure have permission to play in a place other than home.**

Source from: Run Wild My Child website

## Still Bored?

Try this Fit Bits™ activity: “Balancing Fruits and Veggies”

In order to be healthy to learn, have energy to play, feel good and to grow, you need to be sure to eat foods from all the food groups, get enough sleep, and exercise. This is called “finding the right balance”. Today, we are going to practice balancing to remind us it is important to balance many different things to be as healthy as possible!

1. Balance on one knee and one hand (no feet should touch the floor).
2. Put one leg out to the side, switch to the other leg.
3. Balance on both knees (no hands or feet should touch the floor).
4. Balance on one knee (no hands or feet should touch the floor).
5. Balance on one hand and one foot.

## Healthy Snack Ideas

### Fruity Cones

Mix together a few different kinds of chopped fruit such as apples, pears, oranges, bananas and/or dried fruit. Put the fruit mixture in a small ice cream cone and top with a scoop of your favorite yogurt.

