

# Healthy At-Home Activities!

## Sound Safari (Outdoor activity)

### 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. With an adult, take a walk in your neighborhood city, or park.

### How to Play:

1. Make a list of these things: sirens, dog bark, garage door opening or closing, construction equipment (like a digger), the wind, a bird chirp, and a horn honk.
2. While you walk, listen carefully for those things you listed. When you hear those sounds, make a check mark or draw a star next to the sounds you hear. Try to find all the sounds on your paper! Lightly spray the paper plate with nonstick spray so when the water freezes, it will not stick to the plate.



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

Source: Adapted, No Time for Flash Cards website

## Still Bored?

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

There are things we can do to be healthy every day. Pretend your way through a healthy day by doing the activities below.

1. It is time to wake up and stretch. Stand tall on tiptoes, and raise and lower your arms 5 times.
2. It is important to eat breakfast before school! Head downstairs by marching in place for 20 seconds.
3. Choose a healthy breakfast like cereal, fruit, and milk. Put it in your bowl and then pretend to eat it!
4. Uh oh you are running late to school! Walk fast across the room!
5. You are at school! Practice making shapes or letters by writing or drawing them in the air with your finger.
6. It is recess time! Jog in place for 60 seconds.
7. I am hungry for lunch and thirsty! Drink a glass of water and pretend to eat a healthy lunch.
8. After learning for a bit more, it is time to head home. Hop home!
9. When you get home, it is time to find a healthy snack! Pretend to eat a banana.
10. It is time to go outside and play before homework. Ride a bike for 30 seconds.
11. After homework and a healthy dinner, you are tired. Brush your teeth and head to bed!
12. It is important to sleep to stay healthy. Stretch a few times and then lay down for a good night's sleep!

## Healthy Snack Ideas

### Rice Cake Treats

- Choose a rice cake flavor. Some are salty and some are sweet. Top with healthy toppings! Ideas are:
- Caramel rice cake, peanut butter and sliced pears
- Apple rice cake, cream cheese, apple slices, cinnamon
- Plain or cheese rice cake, pizza sauce, chopped veggies, and cheese
- Cheddar cheese rice cake, hummus, chopped veggies