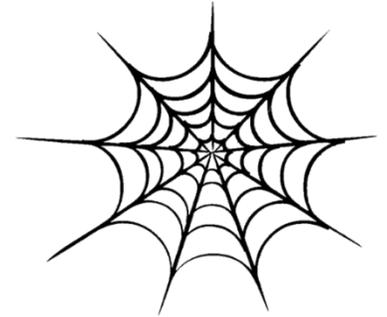


Healthy At-Home Activities!

Sticky Spider Web (indoor activity)

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



You Need:

Tape, newspaper, scrap paper or old magazine pages; a doorway (to tape the “web” inside)

Set Up:

1. Use tape to create a large “spider web” in a doorway. Crisscross the tape at different heights.
2. Separate the sheets of paper, and scrunch them into balls.

How to Play:

1. Throw the balls of paper into the tape spider web to see if it catches them!
2. Throw them at different distances away, and play around with throwing the ball high into the web or low near the bottom of the web. See who can get closest to the “spider webs” center, the bottom left or right corner, etc.

Give yourself a brain break every hour. Get up and move or eat a healthy snack.

Adapted from: Hands On as We Grow website

Still Bored?

Try this Fit Bits™ activity: “Water is Best Drink Up”

Water is one of the best things you can drink! It is important to drink water every day. Some other healthy drinks are 100% fruit juice or fat free milk. When you sweat though, water is the best thing to drink to replace the fluid lost during sweat. Jog in place for 60 seconds and then freeze. Touch your forehead. Do you feel sweat? If not, try the activities below for 60 seconds, and keep doing them until you feel yourself start to sweat! Make sure to drink lots of water afterwards!

1. Jump in place.
2. High knees.
3. Toe raises.
4. Arm circles.
5. Punch up to the ceiling.
6. Jumping Jacks.

Healthy Snack Ideas

Quick snack tacos!

1. Top a corn tortilla with low-sodium refried beans, chopped veggies, and shredded cheese.
2. Microwave until cheese is melted.

