

Healthy At-Home Activities

What's That Track? (Outdoor activity)

You Need:

A place to walk, warm clothing (coats, hats, gloves, boots, etc.), snow, camera or phone that takes pictures, piece of paper and crayon

Set Up:

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

How to Do It:

1. While you walk, keep an eye out for animal tracks or other interesting prints in the snow or mud such as shoes, leaves, tire tracks, and more. Look for things that are big and small.
2. When you find something interesting, take a picture or draw a picture of what you see.
3. Keep walking until you have at least five different tracks or prints.



Still Bored?

Try this Fit Bits™ Activity: I Am a Farmer

Fruits and veggies are healthy foods and we need to eat them every day. You can buy them at the store or farmers markets. Farmers are important because they grow healthy food for us. Today we are going to pretend to be farmers, act out these movements.

1. Grab a shovel and pretend to dig a big hole (do this 10 times).
2. Plant some seeds. Plant 20 seeds (drop seeds into your hole).
3. Now, cover your seed with dirt. (Get down on your knees, and pat the ground 20 times).
4. The plants need sun to grow. Make a circle with your arms and hold for 10 seconds.
5. The plants also need rain. Pretend to be rain and dance around your plant to water it.
6. Now your plant is big and ready to harvest. Reach down and pick the fruit or veggie off the plant (pick ten times).
7. Now it is time to take your fruits and veggies to the store or farmers market. Pretend to load your fruit and veggies into your bicycle basket, and pretend to peddle your bike by walking around the room.

Source: Adapted, Michigan Fitness Foundation, Fit Bits™ Booklet

Safety Tip!

Always be sure to dress warmly when it is cold outside. Wear a coat, hat, gloves or mittens, boots, and snow pants.

Healthy Snack Idea

Animal Face Toast

- Toast a piece of whole grain bread. Top with healthy toppings! **Ideas are:**
- Teddy bear toast: Spread toast with peanut butter and sprinkle with cinnamon. Add two banana slices for ears, and one banana slice for a nose, add two raisins for eyes.
- Frog face toast: Spread toast with mashed avocado and sprinkle with paprika. Add one hardboiled egg, halved, for eyes, and use a piece of string cheese for a mouth.