

Healthy At-Home Activities!

Snow Painting (outdoor activity)

You Need:

Spray bottle or small bowls and paintbrushes, food coloring, water, snow, winter clothes you can get dirty.

Set Up:

1. **If using “spray paint”:** Fill a spray bottle with warm water. Add a few drops of food coloring. Twist the top on tightly.
2. **If using small bowls and paint brushes:** Fill a bowl with warm water. Add a few drops of food coloring. Gently stir.

How to Do It:

1. Bundle up and go outside!
2. Build something out of snow. Ideas include a snowman, a fort or snow angels.
3. When you are done building, grab your paints and “decorate” your creations with paint.

Adapted from: *Money Crashers* website



Still Bored?

Try this Fit Bits™ activity: Gulp and Go

It is important to drink fluid every day to be healthy. Water and milk are healthy drinks. Healthy drinks help your body work the way it should. Fluids move good things from the food you eat to all parts of your body. Fluids also help get rid of waste. The best fluid of all is water! It's important to drink water before you are thirsty.

Pretend to take a drink of water (or if you have water available, take a real drink of water). Now...

1. Run in place, like you run at play time, and count to 20. After running, pretend to take a drink of water.
2. Jump on one or two feet, counting each jump, until you reach 20. After jumping, pretend to drink water.
3. Do jumping jacks. Count each one until you reach 20. After doing these, pretend to drink water.

To cool down, take a few slow deep breaths. Now, drink a real sip of water.

Source: Michigan Fitness Foundation, Fit Bits™ Booklet

Safety Tip!

Do not let your body get too cold. Go inside every hour and warm up. If you are thirsty, drink hot tea or cocoa.

Healthy Snack Ideas

Dips galore!

Rinse and chop up any veggies you like. Some examples of veggies are carrots, celery, broccoli, and peppers. Dip them in a variety of dips such as hummus, guacamole, salsa, or low fat ranch.

