

Healthy At-Home Activities!

Snow Olympics (outdoor activity)

You Need:

Ball or small object, rope, hula-hoop, warm winter clothes (hat, coat, boots, etc.), snow, large area to play



Set Up:

1. **Activity A: Ball Toss:** Choose a small item to throw. Make sure no one is in the way.
2. **Activity B: Rope Pull:** About 10 feet away from each other, build two platforms, by making a very large snowball, a few feet high. Pat it down to make it flat on top.
3. **Activity C: Hula Target:** Hang a hula-hoop from a tree or have a person hold it. Each player should make 10-20 snowballs.

How to Do It:

1. **Activity A: Draw a line in the snow that the person throwing cannot cross.** Players try to throw a small ball or object as far as possible. The longest throw wins. **Make sure everyone is out of the way when you throw.**
2. **Activity B: Each person should hold an end of the rope and pull!** Try to pull the other person off their platform. The person left standing on the platform is the winner.
3. **Activity C: Try to throw snowballs through the hula hoop.** The person with the fewest number of tosses needed to make it through the hoop, wins.

Source from: Adapted, *Go Outside*, Nancy Blakey

Still Bored?

Try this Fit Bits™ activity: When Should I Wash

It is important to wash your hands the right way and often. It helps remove germs and keeps us healthy. You should wash your hands with soap for 20 seconds before rinsing them and drying them.

- Before you touch, prepare or eat food.
- After we use the restroom.
- When you sneeze, cough, or blow your nose.
- After you touch animals.
- After you touch dirty things like the garbage.
- After you play outside.

Do each of these moves for 20 seconds.

1. Hop on one foot
2. Hop on two feet
3. Punch up towards the ceiling
4. Jumping Jacks
5. Running in Place
6. Arm Circles
7. Calf Raises

Source: Michigan Fitness Foundation, Fit Bits™ Booklet

Safety Tip!

If clothes are wet from playing outside in the snow, make sure to take them off, and dry them completely before putting them back on.

Healthy Snack Ideas

Fruit or Veggie Roll-Ups!

Fruit: Spread a whole-wheat tortilla with peanut butter or nonfat yogurt. Add chopped fruit. Sprinkle with cinnamon. Roll and eat.

Veggie: Spread a whole-wheat tortilla with hummus, cream cheese, or guacamole. Add chopped veggies. Sprinkle with paprika or chili powder, roll and eat.