






Enjoy these activities that reinforce what we have learned in our classroom.

Our Family Healthy & Active

FOR RECIPES, VISIT

<https://go.Illinois.edu/EatMoveSave>

EAT.
MOVE.
SAVE.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Go for a walk and find things that start with each letter of the alphabet (A- an acorn, apple; B- ball, basketball hoop; C- cat, cow; etc)</p>	<p>Explore a food today with all 5 senses - sight, smell, sound, touch, and taste.</p>	<p>Play ball. Practice kicking, catching, and throwing balls.</p> 	<p>Make veggies the snack of choice - keep them washed and cut in the fridge.</p>	<p>Stretch your body by trying animal yoga. Try a frog pose while squatting, a crocodile pose in a plank position, or a seal pose in the cobra position.</p>	<p>Looking for a quick snack idea that children can help make, try Pumpkin Peanut Butter Dip from Eat. Move. Save Website link above.</p>	<p>Make and fly paper airplanes. How far did your airplane fly?</p> 
<p>Plan a meal as a family - everyone gets a say in what is being served. Be sure of offer all 5 food groups.</p> 	<p>Try Eat. Move. Save.'s Baked Tiger Fries as your side dish tonight. They taste great! Website link above.</p>	<p>Have everyone in the family find 3 red items in the house and host "Show & Tell" with the items.</p>	<p>Aim for a screen-free day - no TV, tablets, phones, or computers.</p>	<p>Read a favorite story book and act out any of the action words.</p>	<p>Turn the music up loud and have a dance party.</p> 	<p>If the weather cooperates, take a walk outside and count how many birds you see.</p>
<p>Blow bubbles and chase them.</p> 	<p>Count backwards while moving: 5 reaches high 4 toe touches 3 arm circles 2 jumping jacks 1 squat</p>	<p>After taking a walk outside, come in and make GORP, a cereal snack from Eat. Move.Save. Website link above.</p>	<p>Take time to build a puzzle together as a family.</p> 	<p>Add fresh fruit to a pitcher of water and keep it in the fridge to encourage the family to drink more water.</p>	<p>Walk like animals - leap like a frog, do the crab walk, do the elephant swing, and slither like a snake. What other animals can you walk like?</p>	<p>Enjoy a picnic in your yard - if the weather is bad, move the picnic inside.</p>
<p>Inside or Outside - create an obstacle course that includes a variety of movements (over, under, around, balance, jump, crawl, hop, etc.)</p>	<p>Find or make musical instruments and have a parade. Make paper plate tambourines, plastic egg shakers, can drums, and many others.</p>	<p>Make a yogurt parfait using yogurt, fresh fruit, and cereal.</p>	<p>Play "Red Light, Green Light" Find a caller and run fast for GREEN, run slow for YELLOW, and stop for RED.</p>	<p>Let your imagination run wild - pretend to be an astronaut, a train conductor, a princess, or anything you want to pretend..</p>	<p>Practice kicking a ball. Kick the ball as hard as you can and chase it. Once your get to the ball - kick it again.</p> 	<p>Looking for a way to sneak some fruit into a sweet dessert - try Eat. Move. Saves.'s Magic Fruit Salad. Website link above.</p>
<p>Go outside and play - "Do you see what I see?" or "I spy" - giving clues and walking or running to the items.</p>	<p>Eat. Move. Save.'s Texas Hash makes for a quick and delicious meal on a busy evening. Website link above.</p>	<p>Play a board game or a card game together.</p> 	<p>Identify feelings today. Walk feeling happy, walk feeling scared, walk feeling sleepy, walk feeling silly - what other feelings do you have?</p>	<p>Serve a rainbow of colors of foods today. How many different colors did you eat?</p>	<p>Turn off the TV during meals and talk about your favorite movies.</p>	<p>Take a walk outside and look for colors. What did you find that was red, blue, green, orange? What other colors did you find?</p>

I ILLINOIS

Extension

COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. University of Illinois | United States Department of Agriculture | Local Extension Councils Cooperating. University of Illinois Extension provides equal opportunities in programs and employment. Illinois Extension: <https://go.Illinois.edu/EatMoveSave>. Illinois at Chicago: <http://cphp.uic.edu>