



Healthier Eating and Physical Activities

# Activities at Home!



DEThrives.com

# Healthier Eating and Physical Activity

This booklet includes activities to complete with your child. It is important to spend at least 30 minutes of quality time (QT-30) with your child each day. It's also important to teach your child a healthier lifestyle. These activities are based on the 5-2-1-0 structure.

5

Eat five or more servings of fruits and vegetables each day. They are full of natural energy and help fight disease.

2

Limit recreational screen time to two hours each day (this includes TV time, tablet time, etc.).

1

Get one or more hours of physical activity each day. This does not have to mean a hard workout. Take a walk, do yard work, play with your kids, or dance.

0

Avoid sugar-sweetened beverages, which lead to weight gain and put you at risk for diabetes and other chronic conditions.

5 2 1 0

## Introduction

Activities are broken down into the age groups of 5–8 years old and 9–11 years old, and are grouped together by activity type at the bottom of the activity. Younger children might not be developmentally ready for some of the activities for older children. Adaptations are available at [DEThrives.com/QT30](http://DEThrives.com/QT30).

## Key



Social / Emotional



Language / Communication



Cognitive



Movement / Physical Development

These four categories are the developmental-milestone categories followed by the Centers for Disease Control and Prevention (CDC). Each activity features this key to depict the required ability level. All four icons are featured with each activity. Those that are not vital to the activity are grayed out.



## Food Map

### ***Has your child ever asked where their food comes from?***

Talk with them about how local food is grown close to home and takes the least amount of time to get to your plate. The less time it takes to get to your plate, the fresher your food is. Fresh food is an important part of a healthy diet. For this activity, make a food map with your child to figure out how far your food traveled before it got to you. Start by showing a world map. Note where Delaware is. Explore the kitchen and pull out 10 food items.

### ***Next, one by one, “map” your food:***

Draw a line from Delaware to the country, state, or even city, in which your food was grown or made. Is your child surprised about where any foods came from? Where did the closest food come from? Where did the farthest food come from?

Age 5–8 Five or More Fruits and Vegetables



## Compare Labels

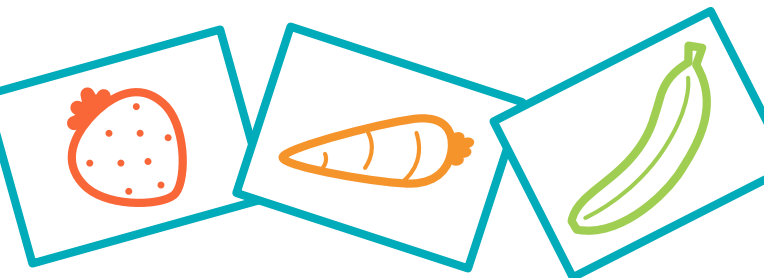
Next time you go to the grocery store, have your child pick out a cereal from the shelf. Ask why they chose one over the other. Did they pick a box with a TV character on it? Did the color of the box attract them? After they choose, compare the nutritional information on the side to a box of Cheerios™. Explain how the TV characters on the package could influence their decision. Explain that it is important to look past the packaging and always check the nutritional information to make sure you are making a healthier choice.

Age 5–8 Five or More Fruits and Vegetables



## Fruit and Vegetable Trail

Find pictures of different fruits and vegetables that you can cut out with your child. Aim for 15 pictures. Assist your child with cutting the pictures out. Make a trail in your house with pictures. Alternate the pictures so that you have one fruit, one vegetable, one fruit, one vegetable. Keep going until you have all the pictures laid out in a trail. After you have made your trail, walk along your trail. The first time, only step on the fruit. The next time, only step on the vegetables. Were they able to do it? Did you find any new fruits or vegetables you want to try?

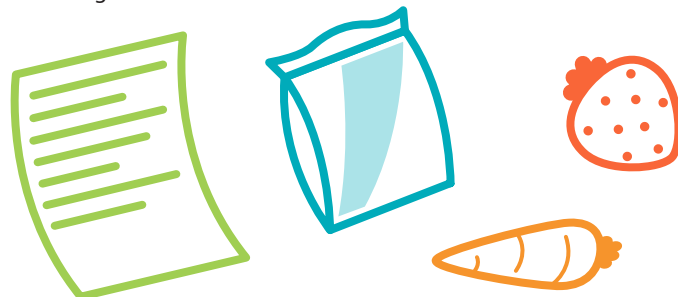


4 Age 5–8 Five or More Fruits and Vegetables



## Movie Night with Fruit-and-Vegetable Seek-and-Find

Make a simple seek-and-find fruit-and-vegetable game. To make it, watch a movie and have your child write down every food item they see. Ask if they saw more fruit and vegetables or junk food. Start a conversation with your child about making healthier food choices with fruit and vegetables.



Age 5–8 Five or More Fruits and Vegetables



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## Fruit and Vegetable Memory Game

This is a fun game for anywhere your child has to sit still for a long time, like a restaurant, the doctor's office, or the store. Start the game by saying, "I'm making a salad and I'm going to buy..." Fill in the blank with any fruit or vegetable you can think of. Your child then repeats the first line and adds another item. ("I'm making a salad and I'm going to buy carrots and lettuce.") Keep playing until everyone has a turn saying the items mentioned and adding their own at the end. They must start with the phrase, "I'm making a salad and I'm going to buy..." and say each item in the correct order. The game starts over when someone forgets an item or gets the order wrong. Test your child's memory!



Age 5–8 Five or More Fruits and Vegetables



## Grocery Store Scavenger Hunt

Next time you go to the grocery store, have your child complete this grocery-store scavenger hunt. Ask your child: Is it a cold item? Where do we keep it at home — In the refrigerator, freezer, or cabinet / pantry? Cross each item off the list once found in the store. The items on the list are:

- Popcorn
- Frozen corn
- String cheese
- Graham crackers
- Pickles
- Apples
- Baby carrots
- Trail mix
- Yogurt
- Strawberries

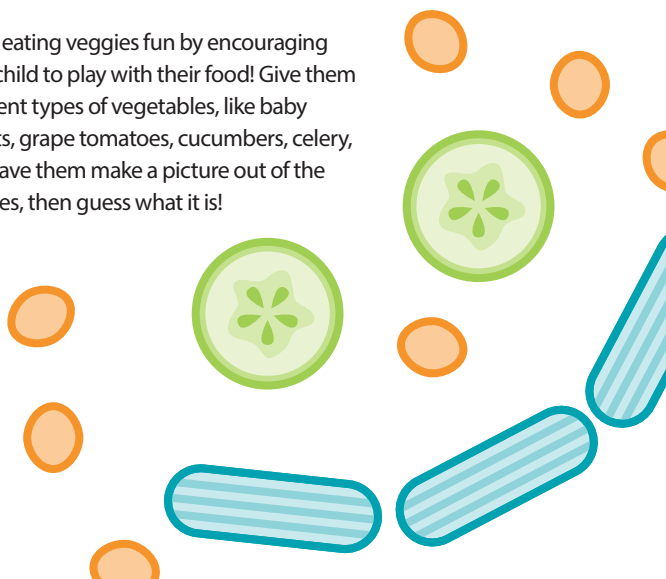
You can add more items to the list. You don't have to buy any of the items on the list — simply have your child find them in the store. Teach them that where you find apples, strawberries, and baby carrots is where the healthiest foods — fruits and vegetables — are. Try to have your child eat five or more fruit and vegetables every day.

Age 9–11 Five or More Fruits and Vegetables



## Food Art

Make eating veggies fun by encouraging your child to play with their food! Give them different types of vegetables, like baby carrots, grape tomatoes, cucumbers, celery, etc. Have them make a picture out of the veggies, then guess what it is!



## Grocery-Store Scavenger Hunt-Turned-Picnic

Complete the **Grocery Store Scavenger Hunt** with your child, but this time, look for ingredients you will need for a picnic.

- Water
- Whole wheat bread
- Peanut butter
- Bananas
- Baby carrots
- Hummus

At home, have your child help prepare a picnic basket. First, prepare the peanut butter and banana sandwiches. Then, pack those, the water, and the carrots and hummus into the basket. Have a picnic in a park, your yard, or the living room if the weather isn't good. Put a blanket down and enjoy!



6 Age 5–8 Five or More Fruits and Vegetables



Age 9–11 Five or More Fruits and Vegetables



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## Fruit-Smoothie Taste Test

Has your child tried a fruit smoothie? Here's a chance to make your own smoothie and see if you can get someone to guess what you've mixed together. Try to keep it simple by mixing only two fruits. Here's how to make it:

- 1 Add liquid ingredients first. This can be water, milk, yogurt, or fruit juice.
- 2 Add a frozen ingredient. This can be ice, juice, or frozen fruit.
- 3 Add fruit ingredients. This can be fresh or canned fruit packed in water, not syrup.
- 4 Add a vegetable. This can be fresh or frozen.
- 5 Blend until smooth in a blender.

Some fruits you can try are bananas, blueberries, grapes, watermelon, strawberries, peaches, and kiwi. Some vegetables to try are spinach, kale, and celery.

After you've blended your drink, pour the smoothie into a cup for your child to sample. Ask them to first smell the smoothie to see if they can guess what's in it. Next, ask them to taste your smoothie to see if they can guess what's in it. Did they guess it correctly? Make up a cool name for your smoothie. Enjoy!

## Watch It Grow

Dry out seeds to plant them with your child. Use a fruit or vegetable, or a dry bean. In order to plant them, follow these directions with your child:

- 1 Fill a cup slightly over the halfway mark with dirt.
- 2 Label the cup with the type of fruit, vegetable, or bean.
- 3 Add 2 or 3 dried-out seeds toward the center of the cup and gently cover them with the remaining dirt.
- 4 Moisten the dirt daily, using a water spray bottle.

Some fruits, vegetables, and beans that can be planted are peas, lima beans, radishes, and potatoes. Monitor the plants' growth with your child. Once ready, eat and enjoy.



Age 9–11 Five or More Fruits and Vegetables



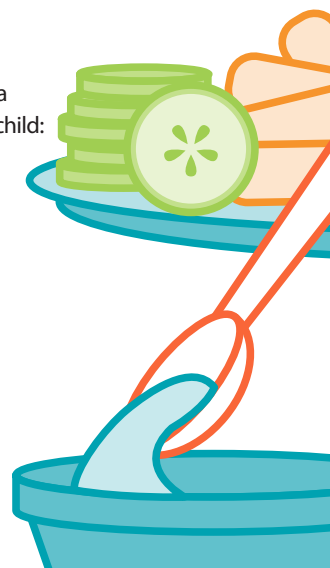
## Make Your Own Fruit or Vegetable Dip

Make your own veggie or fruit dip. Here's a simple fruit-dip recipe to make with your child:

- 1 Take  $\frac{1}{2}$  cup of plain Greek yogurt and add 2 tablespoons of honey.
- 2 Stir and enjoy with a new fruit you've never had before.

Here's a simple vegetable dip recipe:

- 1 Take  $\frac{1}{2}$  cup of plain Greek yogurt and add 1 package of ranch seasoning.
- 2 Stir and enjoy with a new vegetable your child has never had before.



## Quick and Easy Pita-Bread Pizza

Making your own pizza can be fun — and healthy too! Help your child make their own pita bread pizza. With the right ingredients, pizza can be a healthy meal.

### Here's what you'll need:

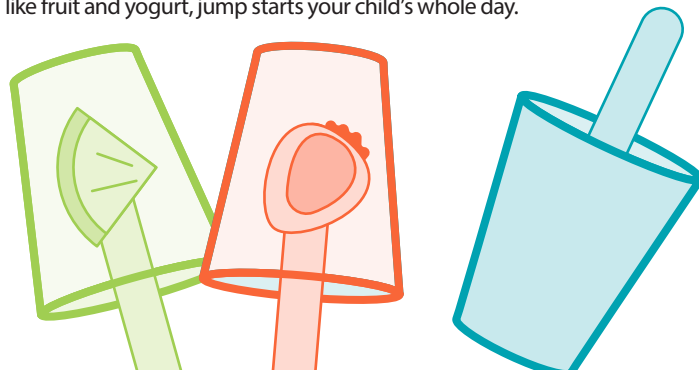
- 1 slice pita bread
- 2 tablespoons of marinara sauce
- ¼ cup low-fat shredded mozzarella cheese
- Chopped vegetables for toppings, such as mushrooms, broccoli, green peppers, olives, or onions
- Olive oil

### Here's how to make the pizza:

- 1 Brush the pita bread with olive oil.
- 2 Spread the sauce on top of the pita bread.
- 3 Sprinkle the shredded cheese on top.
- 4 Add your veggie toppings.
- 5 Place on a baking sheet.
- 6 Bake for 4 – 5 minutes at 400 degrees.
- 7 Let cool and enjoy.

## Make your Own Breakfast (or Snack) Popsicle

Does your child ever ask for a popsicle at breakfast? Here's a tasty treat you can make with them. Layer low fat strawberry yogurt, granola, and cut strawberries in small paper cups. Insert a popsicle stick and freeze. Peel off the paper cup. These popsicles for breakfast are a healthier option! Enjoy one for breakfast or a snack. Eating a healthier breakfast, like fruit and yogurt, jump starts your child's whole day.



Age 9–11 Five or More Fruits and Vegetables



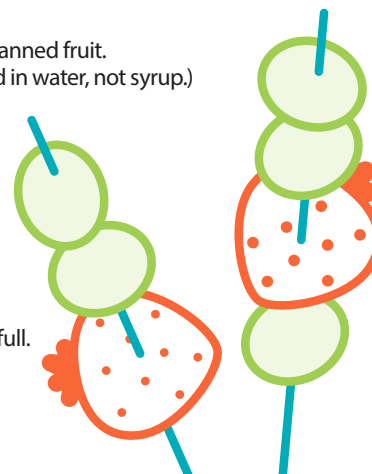
## Fruit Kabob

Make your own fruit kabobs. This is a fun way to get in all five servings of fruits and vegetables your child needs every day! Here's what you will need:

- 3–4 pieces of any type of fresh or canned fruit. (If canned, make sure it is packaged in water, not syrup.)
- Low-fat yogurt
- Wooden skewers

Here's what to do:

- 1 Cut the fruit into bite-sized pieces. Assist your child with this step.
- 2 Alternate between different types of fruit until the wooden skewer is full.
- 3 Dip into the yogurt. Enjoy.



## Vegetable Sticks

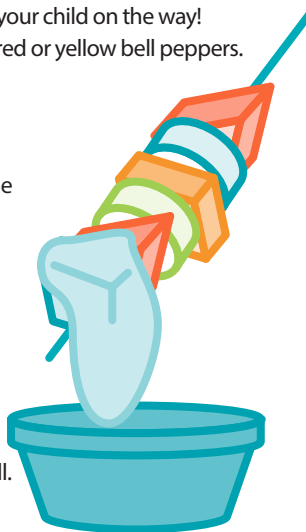
Enjoy some vegetable sticks. You need five servings of fruits and vegetables every day. Veggie sticks will get your child on the way! Use carrots, cucumbers, celery, squash and red or yellow bell peppers.

### Here's what you will need:

- 3 – 4 pieces of any vegetable.
- Vegetable dip. Refer back to page 9 for the **Make Your Own Vegetable Dip recipe**.
- Wooden skewers

### Here's what you do:

- 1 Cut the vegetables into bite-sized pieces. Assist your child with this step.
- 2 Alternate between different types of vegetables until the wooden skewer is full.
- 3 Dip and enjoy.



Age 9–11 Five or More Fruits and Vegetables



## Safety Pins Rice Race

Here's what you do. Pour one box of uncooked rice into a bowl. Add one package of 1-inch closed safety pins. Mix well. Set a timer for 60 seconds. When you say, "Go!" see how many safety pins your child can take out of the rice bowl without looking. For added fun, you can take turns with an adult or a friend. The person with the most safety pins in 60 seconds is the winner.



Age 9–11 Two Hours or Less of Screen Time



## Taste Tests

Getting your child to try new foods can be a challenge. Make it easier by playing a fun game. Take turns doing blind taste tests. Cover your eyes. No peaking! Let your child choose a food and place it in your mouth. You must guess the food. Then switch! Choose healthier foods for your child to try. Carrots, cucumbers, tomatoes, and low-fat cheese are all good examples.



12 Age 9–11 Five or More Fruits and Vegetables

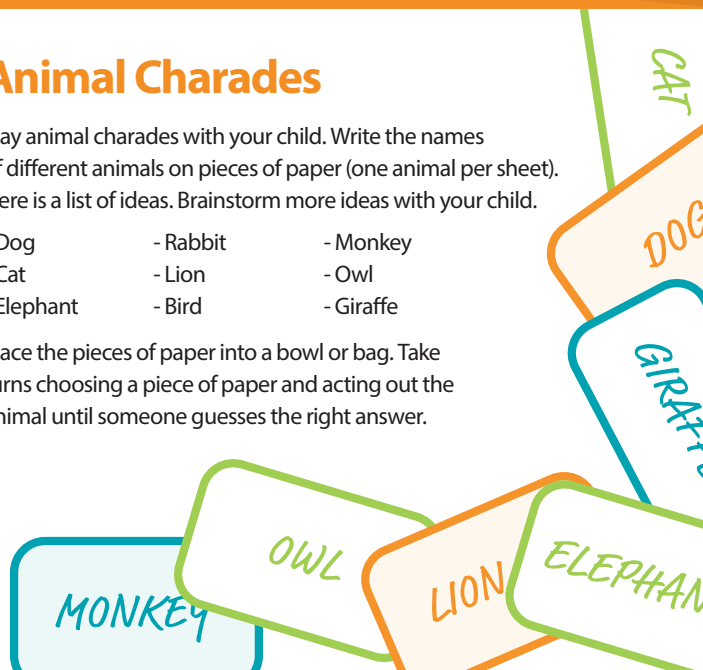


## Animal Charades

Play animal charades with your child. Write the names of different animals on pieces of paper (one animal per sheet). Here is a list of ideas. Brainstorm more ideas with your child.

- |            |          |           |
|------------|----------|-----------|
| - Dog      | - Rabbit | - Monkey  |
| - Cat      | - Lion   | - Owl     |
| - Elephant | - Bird   | - Giraffe |

Place the pieces of paper into a bowl or bag. Take turns choosing a piece of paper and acting out the animal until someone guesses the right answer.



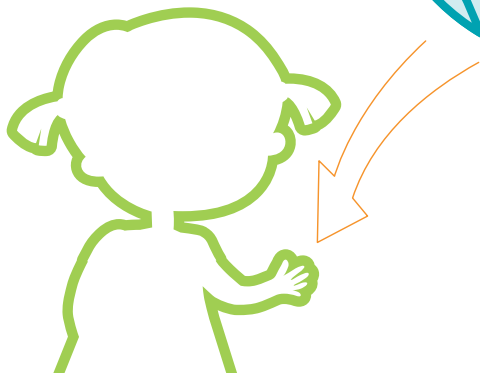
Age 5–8 Two Hours or Less of Screen Time



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## Beach-Ball Catch

Take turns tossing a beach ball in the air with your child. See if you can touch your noses or pat your heads before catching the ball.

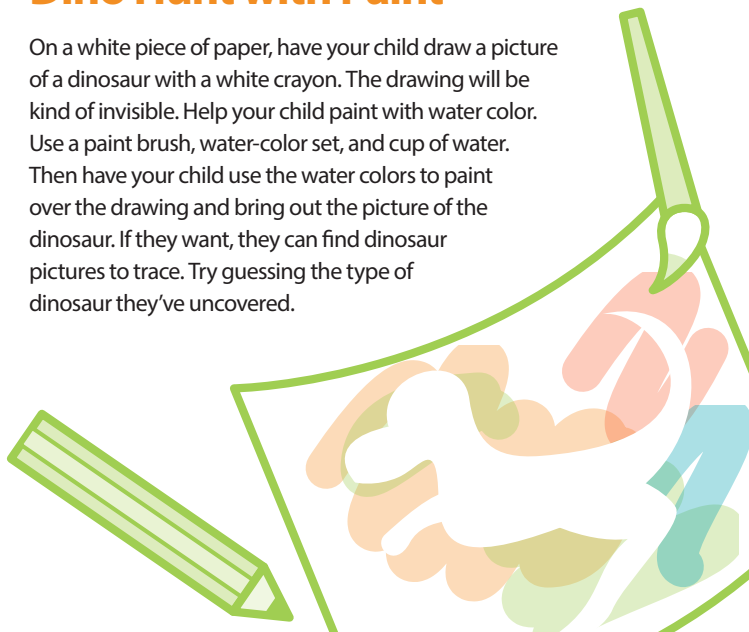


Age 5–8 Two Hours or Less of Screen Time



## Dino Hunt with Paint

On a white piece of paper, have your child draw a picture of a dinosaur with a white crayon. The drawing will be kind of invisible. Help your child paint with water color. Use a paint brush, water-color set, and cup of water. Then have your child use the water colors to paint over the drawing and bring out the picture of the dinosaur. If they want, they can find dinosaur pictures to trace. Try guessing the type of dinosaur they've uncovered.



Age 5–8 Two Hours or Less of Screen Time



## Cotton-Ball Bowl

Here's a challenge to try with your child. Grab some cotton balls and a spoon. You have three minutes to move a pile of cotton balls from one room to another. Have your child put the spoon handle in their mouth. Crawling on their hands and knees, they must use the spoon to move the cotton balls to the other room. If you're up for the challenge, start the timer and see how long it takes you.

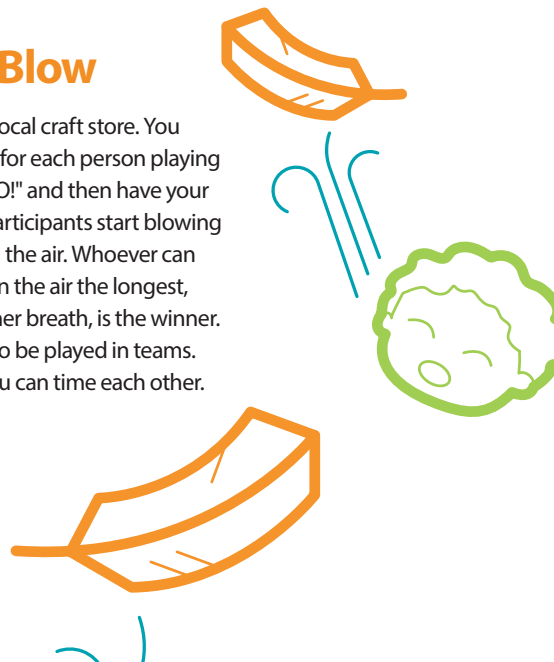


14 Age 5–8 Two Hours or Less of Screen Time



## Feather Blow

Buy feathers at a local craft store. You need one feather for each person playing this game. Say "GO!" and then have your child and other participants start blowing their feather up in the air. Whoever can keep the feather in the air the longest, using only his or her breath, is the winner. This game can also be played in teams. For added fun, you can time each other.



Age 5–8 Two Hours or Less of Screen Time



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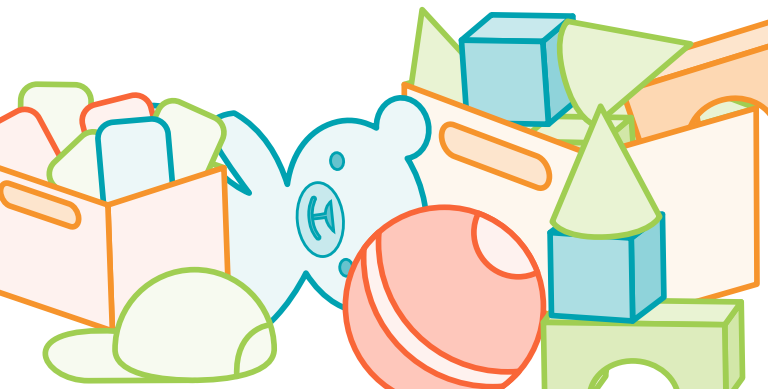
## I Spy (the Toy Version)

Play "I Spy" using your child's toys. You can use things like action figures, dolls, balls, or any items you can find around the house. Spread the toys out in the middle of the floor.

Take turns giving hints to your child about the toy you're spying.

**"I spy something you wear on your head." (A hat)**

**"I spy something bouncy and round." (A ball)**



Age 5–8 Two Hours or Less of Screen Time



## Pajama Party

Stay in your PJs. Make a healthier breakfast. (Refer back to page 11 for the **Make Your Own Breakfast [or Snack] Popsicle recipe.**)

Ask your child what their favorite game is and play that. **Animal Charades, Jacks, and Hide-and-Seek** are great suggestions!

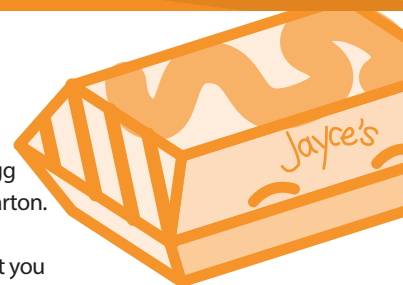


Age 5–8 Two Hours or Less of Screen Time



## Egg Carton Box

Give your child markers and other decorative items and an empty egg carton. Help them decorate the carton. Go on a "treasure hunt" outside. Collect rocks, coins, shells, etc. that you find. Store them in the egg carton or "treasure box."

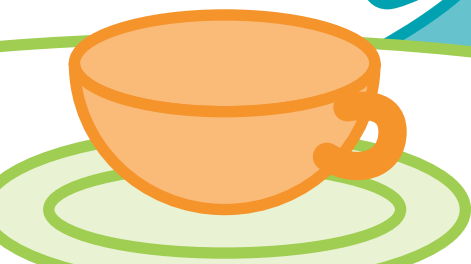


Age 5–8 Two Hours or Less of Screen Time



## Tea Party

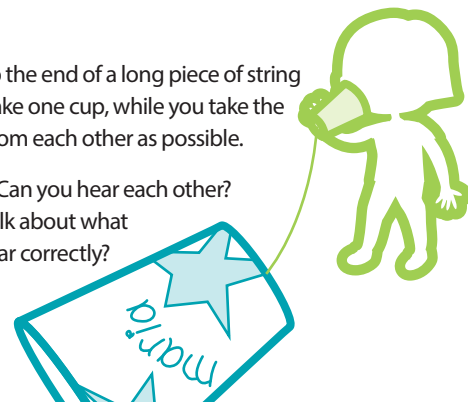
Have a tea party with your child and his or her favorite toys or stuffed animals. Let your child play the host, and follow his or her lead. You can even dress up and pretend to be characters.



## Telephone

Attach two plastic cups to the end of a long piece of string or yarn. Have your child take one cup, while you take the other. Move as far away from each other as possible.

Talk into the plastic cups. Can you hear each other? Come back together to talk about what you each said. Did you hear correctly?



## Dress-Up Relay

Grab some old clothes that you don't care about your child using. You'll need enough for everyone playing. For example, if two people are playing, you'll need two of each item suggested. Some suggestions are: an oversized shirt, a dress, pants, gloves, a hat, a coat, a scarf, or shoes. Place the clothes in a pile in the middle of the floor. Then race to see who can get dressed the fastest by layering the clothes on top of your regular



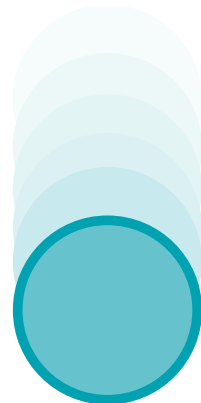
Age 9–11 Two Hours or Less of Screen Time



## Jacks

Buy a set of Jacks and teach your child how to play. It's a fun game that you probably played when you were your child's age. If you don't have Jacks, you can always use beans, seeds, or any other small objects that are all the same size.

**To play,** toss the ball and, with the same hand, pick up a specific number of jacks from the floor before catching the ball after one bounce.



Age 9–11 Two Hours or Less of Screen Time



## Hot Potato

Get any soft ball, or roll up a pair of socks into a ball. While sitting down or standing up, pass the ball back and forth with your child and others as quickly as possible while saying,

**"Hot potato, hot potato, hot potato — stop."**

Whoever has the ball when you say "stop" is out.

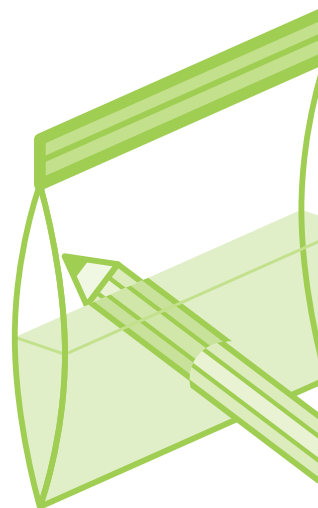


18 Age 9–11 Two Hours or Less of Screen Time



## Leak-Proof Freezer Pack

The leak-proof bag is a fun trick where you get to poke pencils through a plastic bag filled with water. Here's what you do: Get a plastic sandwich bag (you could also use a quart or gallon size bag). Fill it with water. Zip it up tightly. Hold the bag of water for your child while they stick sharpened pencils through the bag. Surprisingly, the water doesn't come pouring out. The pencils go through with ease. Be careful — the bag will leak if you start poking a pencil through the bag and remove it. If that happens, stick the pencil into the hole and continue through to the other side.



Age 9–11 Two Hours or Less of Screen Time



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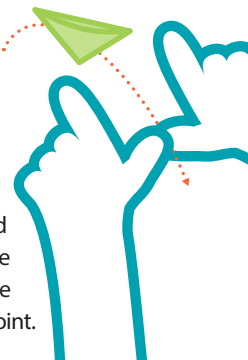
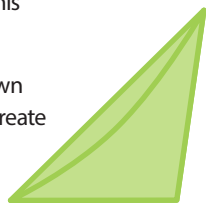
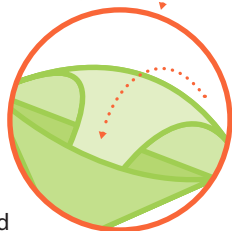
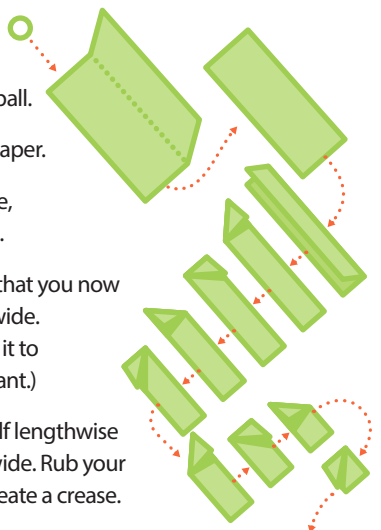
## Paper Football

Help your child make a paper football.

- 1 Use an 8 ½-by-11 inch piece of paper.
- 2 Fold the paper in half lengthwise, creating a long skinny rectangle.
- 3 Cut the paper along the fold so that you now have two strips about 4 inches wide. Set one strip aside. (You can use it to make a second football if you want.)
- 4 Fold the one strip of paper in half lengthwise creating a strip about 2 inches wide. Rub your finger firmly along the fold to create a crease.
- 5 Take the top right corner of the strip and fold it down toward the left edge to create a triangle.
- 6 Take the top point of the triangle and fold it down along the left edge, over the previous fold, once again creating a triangle.
- 7 Take the top left corner of the strip (which should also be the top left corner of your triangle) and fold it down across to the right edge of the paper. This should once again create a triangle.
- 8 Take the top point of the triangle and fold it down along the right edge over the previous fold to create yet another triangle.
- 9 For the remainder of the strip, repeat this folding exercise (steps 5 through 7).
- 10 From your folding you should create a “pocket.” Tuck the extra paper into this “pocket.”

**You should now have a paper triangle to use as your football!**

Have your child stand at one end of a table, while you stand at the other. Slide the “football” back and forth across the table to each other. If it lands on the edge without going over, that’s a touchdown. Make goalposts with your fingers and kick for an extra point.



## Sing or Say the ABC's Backwards

Ask your child to write down all the letters in the alphabet from A to Z. Next, have them sing or say the letters backward (ZYXWVUTSRQPONMLKJIHGFEDCBA). The first two times, they can look at the letters on the paper. Then, have them try saying the alphabet backward without looking at the paper.

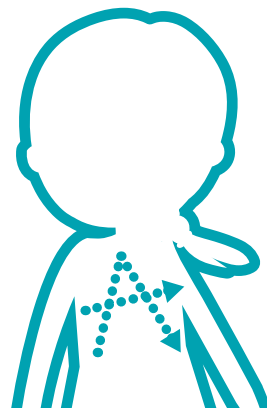
ZYXWVUTSRQPON

Age 9–11 Two Hours or Less of Screen Time



## The Alphabet Back Game

Trace one letter of the alphabet on your child's back. Have them guess which letter you wrote on his or her back. Then switch, and have your child trace a letter on your back and try to guess the letter.



Age 9–11 Two Hours or Less of Screen Time



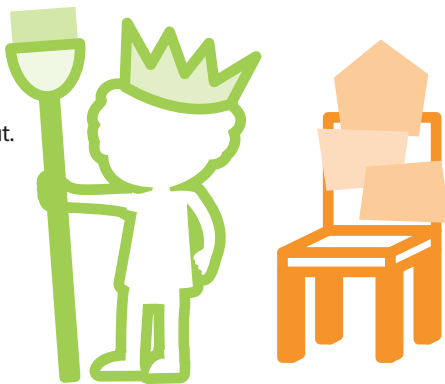
## Impressions

Place objects such as pennies or leaves under drawing paper. You and your child should each have your own. Don't let each other see. Use crayons or markers to sketch over the objects and make impressions on the paper. When you are done, switch papers and see if you can identify each other's objects.



## Theater Time

Write a short story or play with your child, then act it out. Gather clothes for costumes and use fake accents. Invite others to help or watch.



## Puzzles

You can use a store-bought puzzle or make your own. If you make your own, draw the picture on a sturdy piece of cardboard paper. Then use a pencil to outline the puzzle pieces directly on the drawing with your child. Help them cut out the pieces, mix them up, and get to solving.

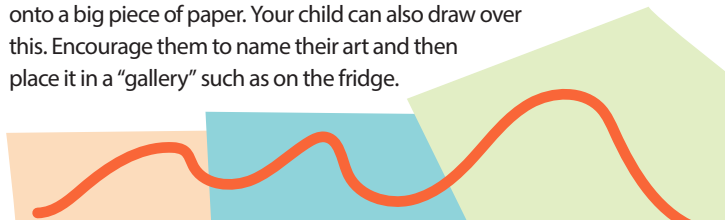


Age 9–11 Two Hours or Less of Screen Time



## Tissue-Paper Collage

Get different colored tissue paper and have your child cut the papers into pieces. (Use child-friendly scissors and supervise.) Then have your child glue the smaller pieces onto a big piece of paper. Your child can also draw over this. Encourage them to name their art and then place it in a “gallery” such as on the fridge.

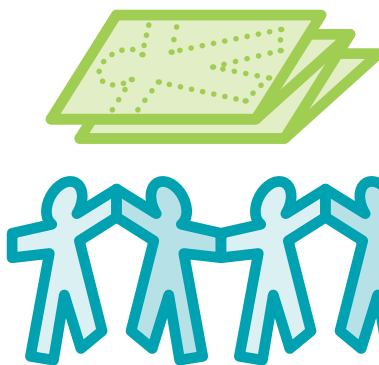


Age 9–11 Two Hours or Less of Screen Time



## Paper Dolls

Fold a standard sheet of paper 3 or 4 times (accordion style). Have your child draw a doll figure on the top fold. Make sure the arms and feet extend past the fold. Then, use safety scissors to cut the doll shape. Unfold. You should have a chain of dolls holding hands. Decorate the figures using crayons or markers.



## Kids Yoga

Introduce your child to a yoga position, like Bridge Pose. Lie on your backs with your knees bent and feet on the floor. Press into your arms and feet and lift your butt off the floor. Lift your butt and hips as high as you can. Hold for 30 seconds.



Yoga teaches concentration and balance: You can practice together, and talk about the benefits of exercise, balance, and meditation. At the end, have your child create their own pose and then do it with them!

**i Wheelchair Adaptation:** Do upper body stretches.



ADAPTATIONS AVAILABLE



## Book of Records

Start a family Book of Records. Create a list of activities that your child can complete. Here is a list of ideas:



- Most jumping jacks

**i** Motor adaptation: Reverse jumping jacks.  
Start with legs apart and jump them together.

- Minutes running in place

**i** Motor adaptation: Squat to stand.

- Longest handstand

**i** Motor adaptation: Standing pushups against a wall.

ADAPTATIONS AVAILABLE

Age 9–11 One Hour or More of Physical Activity



## As If

Complete the activities below with your child, as if you are the item.

*Walk forward, as if you're walking through chocolate pudding. Try using pillows or blankets on the floor as "chocolate pudding."*

**i** Coordination adaptation: Slowly slide feet forward or crawl.

*Jump in place as if you are popcorn popping.*

**i** Coordination adaptation: Stand in place.

*Reach up, as if you're trying to grab balloons out of the air.*

**i** Coordination adaptation: Sit on the floor and throw a blown-up balloon in the air.

*March in place and play the drums as if you are in a marching band. Try using a pot or pan and spoon as the drum and sticks.*

**i** Coordination adaptation: Sit on the floor and use the floor as a drum and your hands as sticks.



*Swim as if you are in a giant pool of Jell-O. Try using pillows and blankets as the "Jell-O."*

**i** Coordination adaptation: Lying on your belly, use your arms to pull yourself forward on the floor.

*Move your feet on the floor as if you are roller skating. Try using a towel or rag under your feet as skates.*

**i** Coordination adaptation: Have two people hold opposite sides of a hula hoop or ends of a rope. One person slide one foot forward, then the other.

*Shake as if you are a wet dog.*

**i** Coordination adaptation: Sitting on the floor, shake your head, then arms, then legs.



## Freeze Dance

This activity is like freeze tag, but you're dancing instead. With your child, have one person be the DJ (they will start and stop the music), and the other person the dancer. In an open area where nothing can get broken, turn on music and start dancing. When the music stops, the dancer must freeze and hold that position until the DJ starts playing the music again. If the dancer doesn't freeze, he or she does 10 jumping jacks before the DJ starts the music again.

**i** Motor adaptation: Stand or kneel on the floor.

**i** Coordination adaptation: Sit on the floor.

ADAPTATIONS AVAILABLE

WOOF!



Can your child think of any other "as if" ideas?

ADAPTATIONS AVAILABLE



## Hide-and-Seek

Play this classic game with your child and others. One person is "It" and covers his or her eyes and counts out loud to 10 while the other players hide. When "It" is finished counting, he or she begins looking for the hiders. The last hider to be found is the next "It."

**i** *Motor adaptation: Ensure there is enough time to hide.*

**i** *Coordination adaptation: Ensure there is enough space to hide.*

**i** *Wheelchair adaptation: Ensure there is enough space to hide and that the space is wheelchair accessible*

ADAPTATIONS AVAILABLE

Age 9–11 One Hour or More of Physical Activity



## Outdoor Obstacle Course

Make an outdoor obstacle course with your child! You have to complete the first activity before moving on to the next one. Here are some ideas:

1. Kick a ball.

**i** *Wheelchair adaptation: Drive wheelchair into ball.*

2. Jump on and off a step.

**i** *Wheelchair adaptation: Do rope pulls.*

3. Throw a ball into a bucket.

4. Hop in and out of a hula hoop on the ground.

**i** *Wheelchair adaptation: Try moving from one spot to another over a line.*

Can your child think of any other activities to add to the obstacle course? If you'd like, time them to see how long it takes to complete the course.

ADAPTATIONS AVAILABLE

## Play Tag

There's just something about running around and screaming, "You're it!" Gather a few of your child's friends and play tag. Here's how to play this classic game. One player is chosen to be "It." All the other players run away from "It," trying not to be tagged. If they are tagged, they become the new "It."



Age 9–11 One Hour or More of Physical Activity



## Sports

Either you or your child will be the caller, while the other person will have to act out the activity. Then switch. Here's what you're going to do: Call out the name of the game below. Have the other person act out the action.

- |              |                |
|--------------|----------------|
| - Basketball | - Football     |
| - Boxing     | - Jumping rope |
| - Tennis     | - Running      |
| - Gymnastics | - Hula hooping |

Can your child think of any other games to add to the list?



## Stand Up, Sit Down

Find a book that has a word that repeats often. Read the book with your child, and every time you read the repeated word, stand up or raise your hand. For example, in "The Cat in the Hat," the word cat is repeated. Each time you read the word cat, stand up or raise your hand.

**i** Motor adaptation: Squat down.

**i** Coordination adaptation: Do wall squats, or sit and stand using a support.

**i** Wheelchair adaptation: Push up on arm rests and hold.



ADAPTATIONS AVAILABLE

Age 9–11 One Hour or More of Physical Activity



## Dance Party

Ask your child what some of their favorite songs are. Play those songs and boogie down. See which one of you can keep dancing the longest!

**i** Motor Adaptation: Dance while on your knees.



ADAPTATIONS AVAILABLE

Age 9–11 One Hour or More of Physical Activity



## Car Wash

Have your child fill a bucket with soap and warm water and help you wash the car on a sunny day. Or, ask your child to help give the dog a bath. Talk about why it is important to care for your things and pets.

**i** Coordination Adaptation: Have your child help with one part, like filling the bucket with water or spraying the car with the hose.



ADAPTATIONS AVAILABLE

28 Age 9–11 One Hour or More of Physical Activity



## Balance Beam

Walking in a straight line can be fun and challenging for your child. Place masking tape or painters tape on the floor in a straight line or fun shape. Turn on some music. Now have your child walk one foot in front of the other across the "balance beam" (line of tape). Try walking backward, too!



Age 9–11 One Hour or More of Physical Activity



## Balloon Volleyball

Separate into partners with your children for this activity, or play one-on-one against each other. First, clear an area to play. Next, tie a piece of string from one chair to another. Blow up a balloon. Play volleyball. If you want, you could play a more formal game with rules, or you can just hit the balloon back and forth to each other. The main goal is to keep the balloon off the floor.

**i** Motor adaptation: Sit in a chair.

**i** Coordination adaptation: Sit on the floor.

**i** Wheelchair adaptation: Limit the space available to play so the child can reach the balloon.

ADAPTATIONS AVAILABLE

Age 9–11 One Hour or More of Physical Activity



## Jump-Rope Challenge

You will need a jump rope to complete this challenge. Have your child start jumping rope. Count how many jumps they can make in 30 seconds, 45 seconds, and 1 minute. Now how many can you do? Challenge another family member or friend to do more than both of you.

**i** Motor adaptation: Jump in place.

**i** Coordination adaptation: Jump in and out of a hula hoop.

**i** Wheelchair adaptation: Do rope pulls and measure how far they could go or the number of pulls in a certain time frame.

ADAPTATIONS AVAILABLE

Age 9–11 One Hour or More of Physical Activity



## In the River, On the Bank

With your child, place a jump rope, tape, or hula hoop on the floor. Make sure the area is clear. Decide who is going to be the jumper and who's going to call out the commands. To start, have the jumper stand on one side of the line. (This will be the bank. The other side will be the river.) When the caller says, "in the river," the jumper hops to the river side of the rope. When the caller says, "on the bank," the jumper hops to the bank side of the rope. Now, switch caller and jumper.

**i** Motor adaptation: Try commands like "up" and "down."

**i** Coordination adaptation: Try stepping over or on the line.

**i** Wheelchair adaptation: Allow enough space for the child to move from side to side.

ADAPTATIONS AVAILABLE

30 Age 9–11 One Hour or More of Physical Activity



## Indoor Obstacle Course

Use your furniture and tape to create an obstacle course with your child! Create games and obstacle courses to climb through.

- 1 Tape a line on the floor, and have a straw and pompom race. Blow through the straw to make the pompom move across the taped line.
- 2 Crawl through blanket tunnels.
- 3 Put tape on the walls across a hallway at all different levels. Climb over and under the tape.
- 4 Use couch cushions and pillows to avoid touching the floor.
- 5 Create a tic-tac-toe board with tape on the ground. Use toys as the playing pieces.

Age 9–11 One Hour or More of Physical Activity



## Simon Says

Gather your child and a few friends. Pick someone to be Simon. Everyone must do whatever Simon says when they say, "Simon Says." For example, "Simon says touch your nose." The children should touch their nose. If they don't, then they are out. If their friends do the command without "Simon" saying, "Simon says," then they are also out. If you want to make the game harder, have Simon say the commands faster and faster.

**1** Motor impairment: Sit down. Avoid left and right, and instead use up, down, open, and closed.

SIMON SAYS



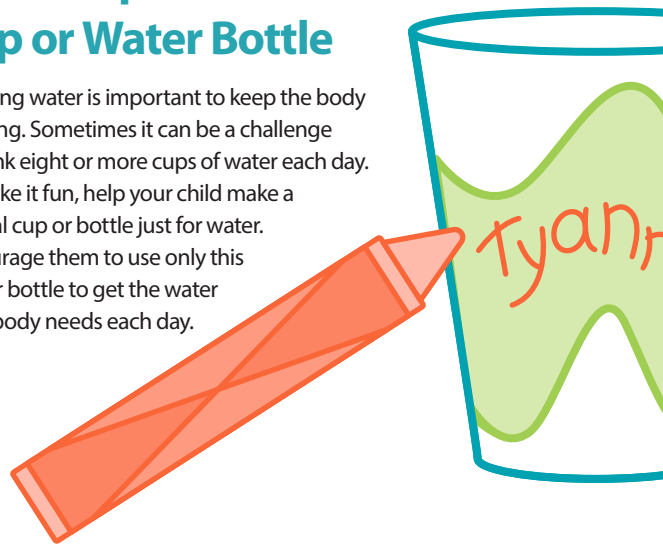
ADAPTATIONS AVAILABLE

Age 9–11 One Hour or More of Physical Activity



## Make a Special Water Cup or Water Bottle

Drinking water is important to keep the body working. Sometimes it can be a challenge to drink eight or more cups of water each day. To make it fun, help your child make a special cup or bottle just for water. Encourage them to use only this cup or bottle to get the water their body needs each day.



Age 5–8 Almost No Sugar-Sweetened Beverages



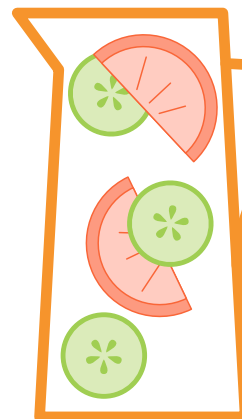
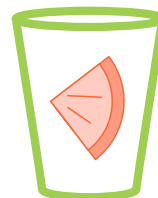
## Nature Walk

Go for a walk with your child in a rural area, in a forest, around a lake, etc. Write down or draw the types of plants and animals the two of you discover and then talk about them. You can also create a story together. Come up with names for the places you went and give the animals names. You can be the stars of your own adventure!



## Fruit- or Vegetable-Infused Water

Does your child drink enough water? To help them drink more water, infuse it with flavor by adding fruits or vegetables. Some you can try are strawberries, blueberries, cucumbers, lemons, and oranges. Be as creative as your child would like.



32 Age 9–11 One Hour or More of Physical Activity

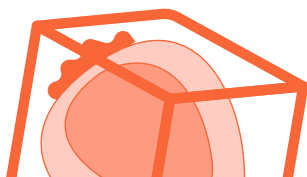
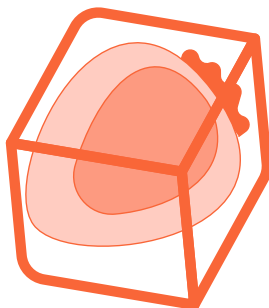
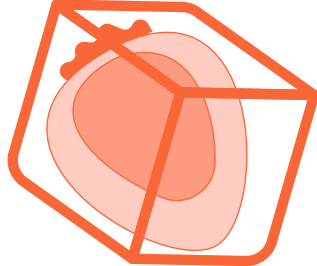


Age 5–8 Almost No Sugar-Sweetened Beverages



## Fruit Cubes

Add color and flavor to your water. Freeze fruit in ice cubes with your child. Here's how. Take some fruit — strawberries and blueberries work well. Place the fruit in an ice tray. Fill the trays with water. Place them in the freezer. Once the fruit-filled ice cubes are frozen, add the ice to water for a colorful and flavorful drink.



Age 9–11 Almost No Sugar-Sweetened Beverages



## Healthier Eating and Physical Activity Resource Listing for Parents/Caregivers

The following are links to information and resources on healthier eating, physical activity, and quality time activities that are considered reliable by the Division of Public Health.

- 1 For more information about healthier eating and physical activity visit:

**ChooseMyPlate.gov**

**HealthyChildren.org**

- 2 For more information on children with special health care needs visit:

**FamilySHADE.org**

- 3 For more quality time activities visit:

**QT30DE.com or download the app.**

The QT30 app has over 150 daily activities you can do to help your child's development, with short, easy-to-follow videos for each one.



## Mustache or Lip Cut-Out

Find a picture of a mustache, lips, or beard with your child. Help them cut out the picture and tape it to a cup. Then use this silly cup to enjoy eight or more cups of water every day.



34 Age 9–11 Almost No Sugar-Sweetened Beverages



DELAWARE HEALTH  
AND SOCIAL SERVICES  
Division of Public Health





## Healthier Eating and Physical Activities

Division of Public Health  
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