

HEALTHY KIDS AT HOME

JUNE 15-19: BE BRAVE & BOLD



WEEKLY WELLNESS
ACTIVITIES FOR
SCHOOL-AGE
CHILDREN

JOURNAL PROMPT

What kind of birthday party is best for me? How would my cake be decorated? What friends would I invite?

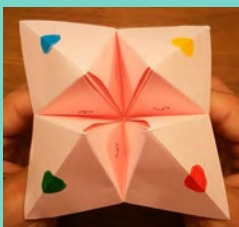
Helping children to identify their likes and dislikes is important. Decision-making skills can be established early when kids have the opportunity to make fun choices.

ART: FORTUNE TELLER

Directions:

Print out the fortune teller, write out questions, and decorate. Example question: Would you rather control the weather or talk to animals?

www.skiptomylou.org/how-to-make-a-paper-fortune-teller



PHYSICAL ACTIVITY: THIS OR THAT?

Directions:

1. Line up children in the middle of an activity area.
2. Create a list of "this or that" topics such as:
 - a. Fruit or vegetables
 - b. Winter or summer
 - c. Math or reading
3. Identify one side of the activity area as THIS side and the other side of the activity area as THAT side
4. From the topic list, ask if the children like THIS or THAT, and have them run to the side that corresponds to their response.
5. In the next round, alternate the method of travel - try skipping, hopping, side shuffles, tip toes...

Outdoor physical activity games encourage kids to make quick decisions while engaging socially. What if a child is the only one who likes "THIS" - should she go with the group to "THAT" or follow her own choice? Simple organized games help children solve problems in a safe environment.

WEEKLY HEALTHY KIDS TAKE HOME KITS AVAILABLE!

Healthy St. Pete will provide 25 FREE take home activity kits each week at Dell Holmes Park (2741 22nd Street South) during the Summer Food Service Program lunch distribution. Kits will be available on a first come, first served basis on WEDNESDAY each week. Additionally, healthy snack recipe tastings will be available at Dell Holmes Park every other week.



Join the Healthy St. Pete Facebook Group for more details and to join the conversation!

[Facebook.com/groups/HealthyStPete](https://www.facebook.com/groups/HealthyStPete)