

# HEALTHY KIDS AT HOME

JUNE 29-JULY 3: EXPRESS YOURSELF



WEEKLY WELLNESS  
 ACTIVITIES FOR  
 SCHOOL-AGE  
 CHILDREN

## JOURNAL PROMPT

What tricks do companies use to make you buy their products? Do you think brand colors affect your mood or decisions? Check out more information on color theory and advertising.

[www.gcu.edu/blog/performing-arts-digital-arts/how-advertisers-use-color](http://www.gcu.edu/blog/performing-arts-digital-arts/how-advertisers-use-color)

## ART: EXPRESS YOURSELF BOX

Encouraging children to use art to express their feelings, interests, or hobbies encourages self-awareness and fosters a sense of belonging.

### Directions:

1. Create a cube or draw a square with six boxes on a blank piece of paper. Directions to make a cube can be found at [www.firstpalette.com/printable/cube.html](http://www.firstpalette.com/printable/cube.html)
2. Decorate each side of the cube or fill in each square in the box with words or images that represent the following; how they feel today; how they usually feel, their hobbies, interests, favorite color, and foods.

## KNOW YOUR LOGOS - FOUR CORNERS

### Directions:

1. Using four large sheets of paper, print one of the following words on each sheet: Food, Media, Entertainment, and Clothing. Print only one word per piece of paper.
2. Post one sheet on each of the four corners of a room or in an outside area.
3. Using index cards print logos that represent Food, Media, Entertainment, and Clothing. The instructor will keep the smaller index cards to use during the game.
4. The instructor will hold up one of the index cards. The player will have to run or walk to the corner that best represents the card. For example, holding up a McDonald's logo card, will correspond to the kids running to the Food corner. Please note, media is usually something music related, or social media. Entertainment is something you would watch.
5. You can play this game for about 3-4 rounds depending on how much time you have!

### Purpose:

The purpose of this game is to see how familiar youth are with big brand logos. This not only gets their body moving but can help them better understand advertising and the influence it has on personal decisions.

## 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)