

## How about something new from the Nurse's Office?

The following links and activities are from [www.actionforhealthykids.org](http://www.actionforhealthykids.org)  
Stay safe, stay healthy, wash your hands and....I miss you all...a lot!!



Mrs. Cormier

## Healthy Activities to Do at Home

Fostering healthy behaviors, staying active, and eating nutritiously at home are vital for children's development for many reasons, in addition to the obvious. Practicing health at home:

- Helps build resilience and the ability to better manage stressors
- Helps prevent disease and boosts the immune system
- Reinforces lessons learned at school and helps create a 360-degree healthy environment

When kids are out of school for any reason, whether it's the weekend, a holiday break, or a pandemic school closure, parents and caregivers can use these activities and resources to keep their kids moving, learning, and eating healthily



### Movement & Play

1. [Practice yoga techniques and poses](#) to build strength and flexibility and help relax.
2. [Get "family fit" using activity points](#) to encourage movement.
3. [Create a backyard \(or basement\) fitness circuit course](#).
4. [Use common household objects](#) for some fitness fun and games.
5. Have recess at home by playing [old school throwback games](#), [jumping rope](#), or doing any of [these 50 ideas](#).
6. Play! Try [sensory play](#) or [play on the go](#) to encourage kids' imaginations whenever, wherever.

7. [Do a nature scavenger hunt](#) to get kids exploring the outdoors.
8. [Have active screen time](#) using these fun, kid-friendly physical activity videos compiled by Active Schools.



### Healthy Eating & Nutrition

Visit our [Healthy Eating Toolkit](#) for dozens more tips and ideas, but here are some easy-to-implement activities.

1. [Incorporate nutrition education into your home routine.](#)
2. Start the day with a [healthy breakfast](#), and keep them going with [healthy snacks](#).
3. [Introduce new foods with a taste test](#) (and get creative with how items are prepared). Here are ideas for [whole grains](#), [dairy](#), and [fruits and veggies](#).
4. [Try mindful eating.](#)
5. [Cook a dish or meal](#) with your kids [trying one of these recipes](#).
6. [Grow fresh veggies out of kitchen scraps.](#)
7. Go the distance to [make your food and meals last longer](#).



### Mindfulness & Emotional Health

1. [Try journaling, breathing exercises, and more.](#)
2. [Explore feelings through art and color.](#)
3. [Talk about feelings](#) with these family conversation starters.
4. [Use movement to express emotions.](#)
5. [Set intentions with your children.](#)
6. [Learn basic mindfulness techniques together.](#)
7. [Create a letter-writing tradition](#) in your family.