

# Healthy Day

# Toolkit

## Every day is a healthy day

This toolkit is full of activities and resources to help your family feel well, live well, and learn well.

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# A Healthy Day

Together, Alliance for a Healthier Generation and Kohl's are encouraging families to create a healthier home life.

Support physical, social, and emotional well-being for kids and adults by incorporating each of these areas into your daily routine.



## Connection

Make time to listen and share with loved ones



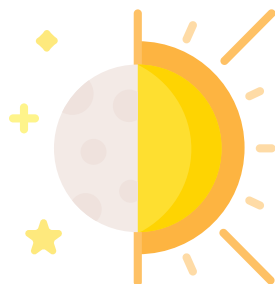
## Nutrition

Stay energized with healthy snacks and drinks



## Rest

Practice calming strategies and sleep quality tips



## Movement

Boost attention and mood with physical activity breaks



## Celebration

Create joyful moments that promote healthy choices



## Learning

Work together to stay motivated and engaged

## Healthy Day Checklist

- Ask a creative question to start a conversation
- Drink plenty of water and eat one fruit or vegetable with every snack or meal
- Get at least 60 minutes of physical activity
- Plan together to accomplish "must do" tasks like homework or chores
- Take a break to focus on what's going well
- Reserve at least 9 hours for a great, full night of sleep

# Silly and Speedy Conversation Starters

We always have more to learn about ourselves and the people close to us. Playful, open conversations can help family members of all ages practice empathy and understanding. Plus, it can help us reduce stress, use our imaginations, and get a little silly!

Whether you're on the way to school, waiting in line at the store, or sharing a meal, use these conversation starters anytime, anywhere!



## Would You Rather?

### Would you rather...

- visit a haunted house or
- ride the tallest roller coaster in the world?

### Would you rather...

- be able to talk with animals or
- understand every human language?

### Would you rather...

- swap clothes with a family member for a day or
- swap chores for a day?

### Would you rather...

- plant a vegetable garden or
- plant a flower garden?

### Would you rather...

- have a swimming pool all summer or
- a hot tub all winter?

### Would you rather...

- spend a day at the beach or
- a day in the mountains?

### Would you rather...

- go a week without music or
- a week without movies and TV?

### Would you rather...

- be able to fly or
- breathe under water?

### Would you rather...

- have to eat all your meals as sandwiches or
- as tacos?

### Would you rather...

- share your bedroom with a pet skunk or
- a pet porcupine?

### Would you rather...

- have a treehouse fort or
- a secret tunnel fort?

### Would you rather...

- have a full year of springtime or
- a full year of fall?



## If You Could...

If you could travel anywhere in the world, where would you go?

If you could go back in time or into the future, what time period would you choose?

If you could be any other animal for a day, what would you be?

If you could learn to cook one special meal from scratch, what would you cook?

If you could design your own board game or video game, what would your game be like?

If you could save one thing in a time capsule for your future self, what would you save?

If you could have one superpower, what would it be?

If you could play any musical instrument, what would you play?

If you could paint your classroom any color, what would it be?

If you could pick any subject to learn about in school, what would it be and who would be the teacher?

If you could meet any fictional character (from books, TV, movies, video games), who would you meet?

If you could describe your day with a facial expression, what would that look like? Can you make that face now?



## What Is Your Favorite?

What is your favorite thing about yourself?

What is your favorite dance song? Who sings it?

What is your favorite way to relax after school?

What is your favorite pizza topping or toppings combination?

Who is your favorite TV character? Do they remind you of anyone in real life?

What is your favorite subject to learn about in school?

What is your favorite thing to do with your friends?

What is your favorite way to enjoy the weekend?

What is your favorite way to get your body moving?

What is your favorite season in the year, and what do you like about it?

What is your favorite breakfast food, lunch food, or dinner food?

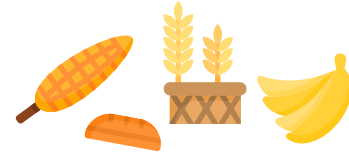
What is your favorite book to read or that someone has read to you?

# Healthy Snacks Kids Can Prepare at Home

Are the kids in your family creative and curious? Get cooking! Preparing meals and snacks helps young people learn about nutrition, explore connections between food and culture, and build everyday math skills.<sup>1</sup> Try these kid-friendly snack ideas with your family.



Fresh, frozen, and canned fruits and vegetables are delicious sources of potassium, vitamin C, vitamin A, folate, fiber, and more!<sup>2</sup>



Lean meats like turkey and chicken, tofu, tempeh, nuts, whole grains, and beans are high in protein as well as iron, calcium, and other nutrients.<sup>2</sup>

## Veggie Dippers

Dip carrots, celery sticks, and sliced cucumbers in nut or seed butter, plain yogurt (dairy or nondairy), or hummus!

## Fun Fruit Salad

Cut sliced fruit, like apple, banana, or melon with a small “cookie cutter” in your favorite shape.

## Garden Gimbap Rolls

Wrap canned or pre-cooked vegetables in roasted seaweed sheets with a pinch of sesame seeds.

## Crunchy Chamoy Treats

Drizzle chamoy over sliced mango or pineapple and sprinkle with unsalted sunflower or pumpkin seeds.

## Three Sisters Quesadillas

Native American farmers teach us that Three Sisters — corn, beans, and squash — help each other grow in harmony.<sup>3</sup> Try all three in a quesadilla!

## Mini Quick Kabobs

Skewer cubed tofu or cooked lean meat, cheese, and vegetables on toothpicks.

## Leftovers Lettuce Cups

Fill a lettuce leaf with leftover tofu, beans, or lean meat. Top with salsa, low-fat cheese, kimchi, or your favorite sauce.

## Nut Butter Bites

Top whole-grain crackers or a sliced banana with about a tablespoon of peanut butter, sunflower butter, or tahini.

New to preparing food with young people? Check out these [tips for cooking with kids and teens](#) for expert advice on making healthy cooking fun, accessible, well-portioned, and inclusive for each family member.

<sup>1</sup>Nemours. Kids Health. (2021). Cooking with Kids (for Parents). Retrieved from: <https://kidshealth.org/en/parents/kids-cook.html>.

<sup>2</sup>U.S. Department of Agriculture. (2020). MyPlate. Retrieved from: <https://www.myplate.gov>.

<sup>3</sup>U.S. Department of Agriculture. National Agricultural Library. The Three Sisters of Indigenous American Agriculture. Retrieved from: <https://www.nal.usda.gov/collections/stories/three-sisters>.

# Active At-Home Scavenger Hunt



Scavenger hunts can promote curiosity, learning, and physical activity as you search for objects and explore your environment.

Try these fun and simple activities to get your family moving while at home or out and about. If you are in a public place and cannot pick up items you find, take pictures or point out your fun finds to each other as you go!

## Senses-Driven Scavenger Hunt

For families with younger children in grades K-2

Build awareness of colors and senses

### To get started:

1. Have every family member pick a color from the RAINBOW ROUNDUP.
2. Have every family member pick a description from the SENSE FINDER.

### During your scavenger hunt:

1. All pause and participate in each activity when someone finds an item.
2. The first person to find both of their items gets to assign each family member a new RAINBOW ROUNDUP color for the next round.

## RAINBOW ROUNDUP

- **When you find a RED item**, RUN in place or ROCK side to side for 10 seconds.
- **When you find an ORANGE item**, OPEN your arms as wide as you can for 10 seconds.
- **When you find a YELLOW item**, hold one YOGA pose of your choice for 10 seconds.
- **When you find a GREEN item**, squat and swing your arms from side to side like a GORILLA for 10 seconds.
- **When you find a BLUE item**, BALANCE an object on the back of your hand or foot for 10 seconds.
- **When you find a PURPLE item**, PLAY a pretend sport with your family by acting out throwing, catching, swinging, kicking, and playing defense.

## SENSE FINDER

- When you find something SHINY, draw a circle in the air with your arms or feet 10 times.
- When you find something SOFT, reach toward your toes and hold for 10 seconds.
- When you find something that makes NOISE, dance in place for 10 seconds.
- When you find something that SMELLS GOOD, skip or hop for 10 steps.
- When you find something that TASTES GOOD, shuffle your feet and arms in place for 10 seconds.

# Active At-Home Scavenger Hunt

## Word Search Scavenger Hunt

For families with children in grades 3-5+

Build spelling skills and vocabulary

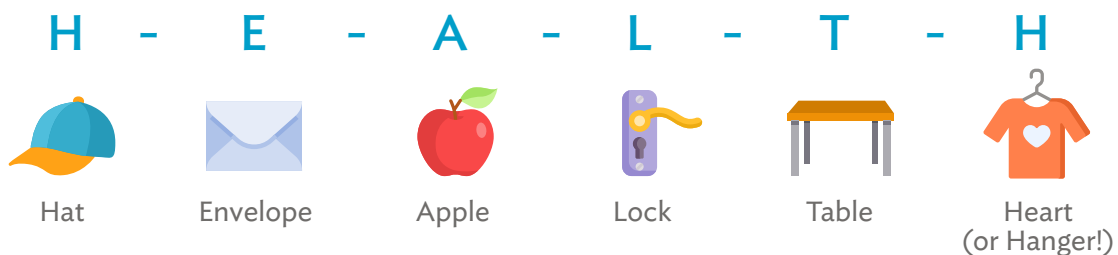
### To get started:

1. As a family, choose a word or phrase you want to spell out.
2. Choose a word or phrase that is meaningful to your family. To make it more challenging, choose a long word with less common letters (e.g., V, Z).
3. Write it out so everyone knows how to spell it.

### During your scavenger hunt:

1. Look for items that begin with each letter in the word or phrase you chose, in the correct order. For example, if your word is "H-E-A-L-T-H" for example, first find an item that starts with "H" (e.g., hat), followed by "E" (e.g., envelope), "A" (e.g., apple), etc. until items have been found to spell the whole word.
2. Challenge family members to a "race" and see who can complete the scavenger hunt the fastest; make it a competition between individuals or teams.
3. When each family member or team finds an item, they get to choose one activity for the whole family to do for 10 seconds. (See examples below.)
4. Bring each item to a common area or take a picture to show that you have found each correct item before completing each activity and moving on to the next letter.

### Example:



# Strategies to Promote Motivation

Keeping young people motivated can be a big obstacle and cause of tension for families. Whether with homework, chores, or activities, youth often have very different perspectives from adults in their lives about what needs to be done and when things should happen.

Try these tips to boost motivation and cooperation. Keep in mind that these tips work best when everyone is calm. If emotions are high, take a moment to relax with these quick strategies before moving forward together.

## STRATEGY 1:

### “Have To” and “Can Do”

All people appreciate choice more than demands. Identify for youth what tasks must get done (the “have to’s”) and provide places for choice (the “can do’s”).

INSTEAD OF SAYING	TRY SAYING
Clean your room!	You have to clean your room today. When is a good time for you to get that done?
Put your toys away.	It’s time to clean up. Would you like to pick the cleaning music?

## STRATEGY 2:

### Co-planning

Youth of all ages value being part of the planning process. Ask youth to share their priorities and create a plan together.

INSTEAD OF SAYING	TRY SAYING
Here is our plan for today.	I have a lot of things I need to do today. What is on your list? How can we help each other get them done?
I made this appointment for you.	Let’s write the top three things we each want to do today and decide together how to get them done.





**STRATEGY 3:**

**Noticing**

Asking direct questions, especially when they involve something we are supposed to be doing, can cause people to become defensive and reactive. Instead, start a more supportive conversation with observations and open-ended questions.

INSTEAD OF SAYING	TRY SAYING
Why aren't you doing your homework?	I noticed that you've stopped doing your homework. Is there something you need?
Why are you yelling?	I noticed your voice is getting really loud. Should we take a pause?

**STRATEGY 4:**

**Inviting**

Adults can sometimes be overbearing in their desire to support youth. Rather than insisting or taking over, make yourself available to young people and offer them an invitation to go further together.

INSTEAD OF SAYING	TRY SAYING
Stop. Let me help.	I can see you're trying. What can I do to help?
We need to talk about your grades.	I'd really love for us to talk about how school is going. When is a good time for you?

**STRATEGY 5:**

**Talk less, listen more**

When adults are focused on getting their own ideas across, youth perspectives are overlooked and young people are less inclined to engage with adults to solve problems. Avoid this by letting the youth go first.

INSTEAD OF SAYING	TRY SAYING
Let me tell you what I think.	What do you think? Here is my concern. Why don't you share your thoughts first.

# Family Agreements

When group members are on the same page about important values and commitments, it can create a sense of safety and boost feelings of happiness in the brain. Family agreements can also strengthen relationships and support kids of all ages in making responsible choices.

## HOW TO USE

- Use the guide below to create simple family agreements
- Print a copy of this page or write your responses on a piece of paper
- Hang your agreements in a central location, such as on the refrigerator



## Have a family meeting

Discuss what is most important to your family. A good way to decide on your shared values is to ask, "What do we expect of each other?" Kindness, fairness and cleanliness are examples that may come up. Write your shared values here:



## Choose small commitments

What steps can each person take to support your shared values? Work together to choose 3-5 activities that you will commit to doing, such as completing school work or turning off screens at least an hour before bedtime. Write them here:



## Remind one another

Hang a small sign by the door to remind family members of your agreements whenever they are leaving the house. Include a quote (e.g., "Respect yourself and others"), an image or another cue that reminds family members about what is important.



## Revisit your agreements

Get together often to talk about how things are going and decide if you need to make any adjustments. Schedule a family meeting if you are noticing difficulties or want to praise the family for sticking with it!

*Adapted from Conscious Discipline (2020)*

# 20 Family Bonding Activities

Spending quality time with family and loved ones can improve social skills, boost children's confidence, and increase feelings of happiness.

## HOW TO USE

- Print and cut out the activities below, or take a picture of the page
- Add your own family ideas!
- Take turns choosing an activity to do together as a family



**Show-and-Tell:** Each person selects a special item and shares why it is important to them.



**Look at Old Photos Together:** Share stories about your experiences.



**Get to Know Each Other More:** Ask questions like the ones in these Silly and Speedy Conversation Starters.



**Have a Family Slumber Party:** Build forts, watch a movie, make healthy snacks.



**Create a Family Music Playlist:** Listen and dance, talk about your favorite songs.



**Cook a Favorite Meal:** Choose age-appropriate tasks such as setting the table, cutting vegetables, and washing dishes.



**Participate in a Fun Physical Activity:** Try hide-and-seek or have a dance party.



**Play a Family Game:** This could include board games, trivia, sports or Nature BINGO.



**Volunteer:** Pick your favorite cause (e.g., animal shelter) or spend time helping a friend or neighbor.



## Family Bonding Activities Continued



**Have a Fashion Show:** Model your clothes and donate any you no longer want or need.



**Complete a Puzzle Together:** Younger kids can look for edge pieces or certain colors.



**Create Artwork:** Paint a canvas together or find [craft ideas online](#).



**Explore together:** With an indoor or outdoor [scavenger hunt](#).



**Perform in a Talent Show:** Each person demonstrates a skill (e.g., juggling, singing).



**Have a Family Photo Shoot:** Bonus - Have one framed or put photos into an album.



**Create a Family Vision Board:** Include your goals for the year and what you are grateful for. (Get started with [this template](#)).



**Make a Family Feel Good Plan:** Brainstorm ways to de-stress such as deep breathing or talking it out with one another.



**Read Aloud as a Family:** Bonus - read to long - distance family members over the phone or do a book swap through the mail.



**Perform Together:** Make up a dance or act out a favorite book/ movie (Bonus: Put it into a video!).



**Complete an Obstacle Course:** Inside or outdoors; include items to jump over, crawl under, run around, and balance on.



## Making a Feel Good Plan

We all experience tough times and strong feelings. Like experts say, if we want to tame our strong feelings, we first need to name them. After identifying how our stress tends to show up, we can make a plan for practicing healthy ways to cope.

### HOW TO USE:

- With your child/student, choose the worksheet for their age and answer each question.
- Complete the Feel Good Plan based on the child's responses.
- Share the Plan with the child's teachers/caregivers.
- Bonus: Make a "calm corner" using the [Virtual Me Moments Hub](#) or fill a box with the items in **purple** to help kids and teen with their calming strategies.

Adapted from Wisconsin Department of Public Instruction [Emotional Regulation Plans](#)

# Elementary Students (Ages 5-10) My Feel Good Plan

Complete each section below.

Add your own ideas to make sure your Feel Good Plan works for you!

## When this happens...

(check all that apply)

- Being left out
- Yelling/arguing
- Lots of homework
- It's too loud or quiet around me
- I'm hungry or thirsty
- Other:

## I feel:

(draw, write or use a Feelings Chart)

## When I feel this way, I might:

(check all that apply)

- Yell
- Hit someone
- Hide
- Cry
- Not talk
- Other:

## Something I can try to help me calm down is:

(check all that apply)

- Say something nice to myself
- Take five deep breaths
- Play with **clay or slime**
- Draw/color with **paper and markers**
- Rest with a **blanket or stuffed animal**
- Other:

## My Feel Good Plan:



When I feel \_\_\_\_\_ and may start to \_\_\_\_\_,

I will try \_\_\_\_\_ to help me calm down.

Adults can help me by \_\_\_\_\_.

# Middle & High School Students (Ages 11 and up)

## My Feel Good Plan

Complete each section below.

Add your own ideas to make sure your Feel Good Plan works for you!

### When this happens...

(check all that apply)

- Not being listened to/included
- Yelling/arguing
- Lots of homework
- Not understanding an assignment
- Teasing
- Other:



### I might feel:

(check all that apply)

- Bad about myself
- Frustrated/angry
- Lonely
- Tense
- Tired
- Other:

### Others may see me:

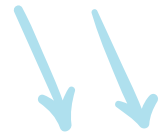
(check all that apply)

- Yell/swear/fight
- Pace/rock/bounce my legs
- Cry
- Get very quiet
- Avoid people
- Other:

### Something I can try to help me calm down is:

(check all that apply)

- Say something nice to myself
- Take five deep breaths
- Write in a **journal** or read a **book**
- Listen to **music**
- Go for a walk
- Other:



### My Feel Good Plan:



When I feel \_\_\_\_\_ and may start to \_\_\_\_\_,

I will try \_\_\_\_\_ to help me calm down.

Adults can help me by \_\_\_\_\_.

# Super Sleep Spaces

Sleep environments have a great impact on sleep quality, and getting a good night's sleep can help you wake up energized and ready to learn. Try these suggestions to create healthy sleep spaces at home.



## Keep it dark

The brain's sleep/awake cycle takes cues from the level of light in your environment.

### To send the signal that it's time to sleep:

- Close blinds or curtains
- Cover your eyes with a sleep mask
- Turn off screens, like the TV or phones



## Keep it quiet

Similar to light, loud or persistent noises can keep the brain awake and alert.

### To find quiet:

- Use earplugs—look for them at grocery and convenience stores!
- Try a fan to create calming background noise
- Use a white noise machine or app



## Keep it comfortable

Just like Goldilocks, kids and adults sleep best in spaces that feel just right.

### To find a Goldilocks set-up:

- Choose pillows, sheets, and blankets that are comfy
- Wear loose-fitting, comfortable pajamas
- Aim for around 60-67 degrees at night



## Keep it relaxing

No matter the size of your room, make it a sleep-focused space.

### To make a soothing sleep space:

- Keep phones and tablets away from your bed when it's time for sleep
- Write, draw, or read something calming before bed, rather than view a screen
- Encourage kids to do homework someplace other than where they sleep if possible



# Bonus Section



This bonus section highlights additional activities to promote a healthy day, created by Healthier Generation and Del Monte Foods to nourish students and their families.

## Bonus Resources & Activities

- **4 Ways to Get Kids Involved in the Kitchen**
- **Tips for Planning Family Meals on a Budget**
- **Snackivities**

# 4 Ways to Get Kids Involved in the Kitchen

Preparing food as a family has many health benefits, especially for kids. When young people get involved in meal planning and cooking, they can develop math skills, explore their senses, practice creativity, and learn about nutrition and culture. And they're more likely to eat a variety of foods! Try these tips with your busy family to make cooking safe and fun for children.



## 1 Practice Mindful Mealtimes as a Family

Open questions about meals can help kids identify foods they want to try and prepare. A “mindful mealtime” gets the conversation going. Here’s how to get started:

- Take turns describing the color, smell, taste, sound, and feel of each food.
- Take turns describing how the food makes you feel, using words like “warm,” “full,” “energized,” “refreshed,” or “sleepy.”
- Name one ingredient or food in the meal and ask each person what the meal would be like if you replaced that food with something different.



## 2 Pick Kid-Friendly Recipes Together

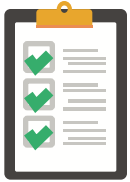
Kid-friendly recipes are everywhere! Before you start cooking, it helps to read or watch a new recipe all the way through to make sure you have all the tools and ingredients you need. Here are a few tips for finding fun, free recipes:

- As a family, look for kid-friendly cookbooks and magazines at the library.
- Do an online search to find a free recipe blog or cooking demonstration video.



**ACCESSIBILITY TIP!** Look for cookbooks and online recipes with pictures or videos to help family members at all reading levels feel included.

# 4 Ways to Get Kids Involved in the Kitchen



## 3 Find Tasks for Everyone

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Cooking with kids comes with particular safety concerns and a range of experience. After looking through a recipe's instructions, have everyone pick tasks that they can do safely.

- For younger family members, this might include stirring, measuring ingredients, and kneading dough.
- For teens and adults, tasks might include peeling, chopping, and heating.



**TIME-SAVING TIP!** Semi-prepared foods can make some steps more kid-friendly. For example, instant rice can be heated in the microwave, and many canned fruits and veggies, which have high nutritional content, are pre-cut and ready to go.



## 4 Let Young People Lead

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As your family feels more confident cooking, give kids the opportunity to lead meal planning and preparation by choosing the menu, selecting a recipe, picking an unfamiliar ingredient they want to cook with, or trying a new cooking skill to teach the family. This encourages communication skills and a growth mindset, and you're sure to eat some delicious meals along the way!

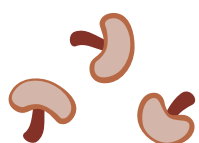
Learn more about planning and preparing healthy, affordable meals for all ages and find kid-friendly recipes to nourish your family at [HealthierGeneration.org/DelMonte](https://HealthierGeneration.org/DelMonte).

# Tips for Planning Family Meals on a Budget

The average cost of groceries has risen significantly in the last few years. Fortunately, there are ways to save time and money on family meals. Try these tips to plan, prepare, and save.

## 1. Build meals around your favorite staple foods

Staple foods, like canned, dried, and frozen goods, can make a nutritious foundation for delicious and affordable meals. Fill in the blanks with your favorite foods to help your family plan:



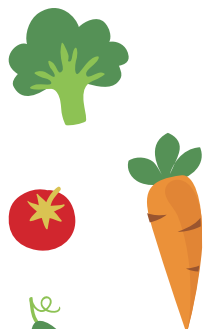
CHOOSE A STAPLE FOOD: \_\_\_\_\_

(Examples: Rice, root vegetables, beans, corn)



IT TASTES GOOD WITH: \_\_\_\_\_

(Examples: Proteins, veggies, fruits, dairy product/dairy substitute)



WE LIKE THESE FLAVORS: \_\_\_\_\_

(Examples: Herbs, spices, sauces, seasonings)



WE ARE MAKING: \_\_\_\_\_

(Name your dish)

## 2. Check the pantry before you shop and cook

Build your grocery list and meal plans around the ingredients you already have on hand. “Shopping your pantry” before you go to the store can make the most out of your meal budget.



- Before you shop, make a list of nonperishable foods that are already in your home.
- From that list, choose an ingredient that you’re not likely to eat on its own.
- Find a recipe that can help you turn that ingredient into a delicious dish. A quick online search is a great way to start.

# Tips for Planning Family Meals on a Budget

## 3. Think about multiple meals for a “star” ingredient

We might have to get creative with food that is on sale or available for free. For example, with a coupon, green beans can take center stage in a stir-fry with rice one day and play a supporting role in three-bean salad the next.



- **TRY IT!** Ask each family member what they would make with the same star ingredient. Try to make at least two of the ideas.

## 4. Give leftovers a makeover

- As a family, decide how you want to makeover your leftovers – for example, by incorporating cooked veggies into burritos and wraps, pizza night, or hot sandwiches.
- Consider adding ingredients you already have at home, like tortillas or canned tomatoes.
- Wrap, mix, layer, and season leftover ingredients to create something new and delicious.

**Repurposing leftovers can save time and money when you add a few inexpensive ingredients.**



### COMMUNITY TIP:

**Connect with nutrition programs near you**

If you're looking to tap into nutrition resources in your community, consider connecting with your local food pantry, school nutrition staff, community center or library, or city or tribal offices. They can help you access food, meet other families, and volunteer. Find out if you are eligible to receive WIC benefits at [www.fns.usda.gov/wic](http://www.fns.usda.gov/wic) or SNAP benefits at [www.fns.usda.gov/snap](http://www.fns.usda.gov/snap).

# Snackactivities

## A dynamic duo of fun and flavor

Yummy snacks and movement make a great team!

Mix and match these tasty recipes and fun activities to energize your day.



Get more resources  
HealthierGeneration.org/DelMonte

### ACTIVITIES



## Animal Copycats

ACTIVITY: STRETCHING

1. Choose a comfortable space to move. Lay out a towel or set up a chair to sit on.
2. Think of an animal you like and imagine how they would stretch. Would they arch their back? Flap their wings? Lie on the ground and roll from side to side? Now imitate that animal, holding the stretch for 10-20 seconds.

Bonus: Make the sounds your animal makes!

3. Pick another animal and stretch again!



**STRETCHING FEELS GOOD AND  
KEEPS YOUR MUSCLES FLEXIBLE**

## Guess the Weather

ACTIVITY: FULL BODY MOVEMENT

1. Find a sheet of paper, a pair of scissors, and something to write with. Cut the paper into small pieces.
2. On each piece, write down a weather word, like rain, wind, sun, thunder, or lightning. More ideas: heat, cold, hail, cloudy, rainbow, tornado.
3. With a partner, take turns picking a piece of paper and acting out the weather word without talking. The bigger your movements, the better. The weather is big!



**MAKING UP MOVEMENTS IS FUN  
AND ENERGIZING**

## Rainbow Roundup

ACTIVITY: FOCUSED EXERCISES

1. Find a place—indoors or outside—where you have room to move around and can see lots of colorful objects.
2. With a partner, take turns naming the color of 8 different objects. Do the movement that matches its color:

Red: RUN in place for 10 seconds.

Orange: OPEN your arms as wide as you can and stretch for 10 seconds.

Yellow: YAWN as big as you can 3 times.

Green: GALLOP 5 times in a circle like a horse.

Blue: BEND forward, reaching toward your toes. Hold the stretch for 10 seconds.

Purple: PLAY air guitar for 10 seconds.



**BUILDING A STRONG, FLEXIBLE BODY  
HELPS YOU DO THE THINGS YOU ENJOY**

## Balancing Acts

ACTIVITY: BALANCE

1. Standing in place, slowly lift one foot and balance on the other. Hold this position for 10 seconds. Then switch and balance on the second side.
2. Imagine a straight line in front of you like a balance beam. Place one foot in front of the other, walking 20 steps, touching heel to toe. Then try to walk backward, heel to toe, along the same line.
3. Seated in a chair or on the floor, sit up as tall as you can with your legs in front of you. Slowly raise one leg, then slowly lower it. Repeat with your other leg. Do this five times. If you feel like tipping to the side, use your core muscles to stay upright.



**BALANCING IMPROVES COORDINATION  
AND HELPS YOU MOVE CONFIDENTLY**

# Snacktivities

## A dynamic duo of fun and flavor

Yummy snacks and movement make a great team!

Mix and match these tasty recipes and fun activities to energize your day.



Get more resources  
[HealthierGeneration.org/DelMonte](http://HealthierGeneration.org/DelMonte)

### RECIPES

## 2-Minute Corn Salsa (serves 12)

5 MINUTES PREP TIME



### Ingredients

- 1 jar (24 oz.) chunky salsa, mild, medium or spicy, as desired
- 1 can (15.25 oz.) whole kernel corn, well drained
- Optional add-ins: fresh cilantro or sliced green onion, ground cumin, grated lime zest, avocado, canned black beans (rinsed and drained)

1. Stir together salsa and corn. Stir in any of the add-ins, as desired.
2. Chill at least 2 hours before serving with tortilla chips, sweet potato chips, pita chips, bell pepper strips or sliced cucumber.

## Peach Mug Cake (serves 1)

5 MINUTES PREP + 1 MINUTE COOK TIME



### Ingredients

- 1/3 cup yellow cake mix
- 1 fruit cup snack (4 oz.) diced peaches, pears, or mangos in 100% juice, not drained
- 1 tsp. vegetable oil
- Optional toppings: Fresh raspberries or blueberries, toasted chopped walnuts or sliced almonds, toasted shredded coconut, powdered sugar, whipped cream

1. In a large microwave-safe mug, combine cake mix, contents of fruit cup snack and oil.
2. Microwave on HIGH for 1 minute or until cake rises and is puffed on top.

Fruit will be hot; let stand at least 2 minutes before eating. Add toppings, if desired.

## Pineapple Paletas (serves 8)

5 MINUTES PREP + 6 HOURS FREEZE TIME



### Ingredients

- 1 can (20 oz.) pineapple tidbits, chunks, or slices in water or 100% juice, not drained
- 2 Tbsp. fresh lime juice (about 1 large lime)

1. Pour contents of pineapple can and lime juice into a blender or food processor. Pulse until pulpy but not smooth.
2. Fill popsicle molds (or small paper cups) and insert popsicle sticks.
3. Freeze at least 6 hours or overnight. To loosen pops from molds, run warm water over outside of mold. Gently wiggle sticks and pull.

## Snackable Pizzas (serves 1)

5 MINUTES PREP + 10 MINUTES COOK TIME



### Ingredients

- Bagels, French bread, pita rounds or English muffins
- Pre-made pizza sauce
- Mozzarella, provolone, or Monterey jack cheese
- Optional toppings: pepperoni, red pepper flakes, mushrooms, olives, onion, bell pepper, cooked bacon

1. Preheat oven to 350°F. Line a baking sheet with parchment paper for easy clean up.
2. Toast crusts in a toaster or toaster oven and place on baking sheet.
3. Spread pizza sauce over crusts. Sprinkle with cheese and any toppings.
4. Bake 5 to 10 minutes or until cheese is melted.