

PHYSICAL ACTIVITY RECOMMENDATIONS

- **Adults:** aim for at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both spread throughout the week. Add moderate-to-high intensity muscle-strengthening on at least 2 days per week.
- **Children:** aim for children ages 3-5 to be physically active and have plenty of opportunities to move throughout the day. Kids 6-17 years old should aim for at least 60 minutes per day of moderate-to-vigorous-intensity physical activity on at least 3 days per week, as well as weight-bearing activities on at least 3 days per week.

Examples of these activities can be found here: <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>

Science has linked being inactive and sitting too much with higher risk of heart disease, type 2 diabetes, colon and lung cancers, and early death. It's clear that being more active benefits everyone and helps us live longer, healthier lives.

Bottom Line: Sit less. Move More. Start small and gradually increase amount and intensity gradually over time.

"There is no way to be a perfect parent. But a million little ways to be a good one."

Looking for free virtual workouts?

Check out:

<https://www.heart.org/en/healthy-living/fitness/fitness-basics/move-more-month>



Ice Paints

Materials needed:

- Ice cube tray
- Water
- Food Coloring
- Popsicle Sticks

1. Fill an ice cube tray with water
2. Add a small drop of food coloring to each cube
3. Cut a popsicle stick in half. Use the flat edge side to mix the water and food coloring. Leave the popsicle stick inside. Freeze overnight.
4. Lay newspaper underneath the paper before your child begins painting, as food color will stain surfaces.

Talking to Young Children About Differences

Children as young as two or three may start asking about differences, such as disabilities, gender and physical characteristics like skin color and hair. Families can play a powerful role in helping children of all ages develop positive attitudes about race and diversity.

Here are some tips to get the conversation started:

1. Actually talk about it.
2. Set the example.
3. Help your child navigate their curiosity.
4. Make it relatable.
5. Be open about addressing mistakes.
6. Be an advocate.

Further information can be found here:

- <https://www.parenttoolkit.com/social-and-emotional-development/advice/social-awareness/how-to-talk-to-kids-about-race-and-racism>
- <https://www.todayparent.com/family/parenting/how-to-talk-to-kids-about-racism-an-age-by-age-guide/>



Clothespin Ice Cream Activity

Great for fine motor skills, color matching, and counting

Materials:

- 12 wooden clothespins
- Markers in 6 different colors
- Construction papers in 6 different colors that match the colors of the markers
- Brown marker
- White paper for making the color pattern cards
- A piece of long cardboard (at least 10 inches long)

1. Cut 12 circles from the construction papers and glue these 12 circles onto the clothespins.
2. Draw an ice cream cone at the bottom of the cardboard strip using brown marker.
3. Create the ice cream scoop pattern cards by first drawing the cone at the bottom and then coloring dots of different colors on top of the ice cream cones.



RAINBOW SCAVENGER HUNT

primary playground

- 🌈 Find something red.
- 🌈 Find something yellow.
- 🌈 Find something orange.
- 🌈 Find something green.
- 🌈 Find something blue.
- 🌈 Find something purple.
- 🌈 Name a fruit that is red.
- 🌈 Name an animal that is yellow.
- 🌈 Name a vegetable that is orange.
- 🌈 Name a plant that is green.
- 🌈 Name a flower that is purple.
- 🌈 Name something outside that is blue.



Cardboard Rainbow Collage

Cut out a rainbow shape on cardboard, as well as pieces of construction paper of different sizes, shapes and colors. Help your child glue the construction paper on the cardboard to create their rainbow. For younger children, encourage them to also color with crayons or markers. For older children, decorate with pom-poms and buttons.

Ball Drop Shoebox

An ideal activity for children about 7 months and older to encourage gross motor skills and teaching that the balls are still there even though they went away temporarily (object permanence). All you need is a shoebox, a piece of extra cardboard the size of the box, a few balls, and scissors. Cut a hole in the top of the box the size of the balls or a bit larger. Cut an arch in the side of the box larger than the balls. Cut a piece of cardboard the size of the bottom of the box. Bend the piece of cardboard slightly (hamburger style) so the crease points toward the arch) and place it in the bottom of the shoebox so it tilts down toward the arch and the crease directs the balls toward the arch. Let baby put the balls in, you can help baby if you need to! Watch as they come right back out!

The Crayon Box That Talked

Wouldn't it be terrible?
Wouldn't it be sad?

If just one single color
was the color that we had?

If everything was purple?
Or red? Or blue? Or green?

If yellow, pink, or orange
was all that could be seen?

Can you just imagine how dull
the world would be?

If just one single color
was all we got to see?





American Heart Association.

25 WAYS TO GET MOVING AT HOME



1

Run in place for 30 seconds



2

Dance party for 1 minute

3

Stand up and sit down 10 times



4

Read standing up

5

Hot lava!
Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)

6

Jumping jacks for 30 seconds

7

Do the hokey pokey

8

See how many squats you can do in 15 seconds

9

Stand up, touch your toes

10

Wall sits while reading



11

One-minute yoga

12

Stretch your hands high over your head



13

Arm circles forward for 30 seconds, arm circles backward for 30 seconds

14

10 frog jumps



15

Standing mountain climbers for 30 seconds

16

Stand on one leg, put your hands up, put your hands out to the side

17

5 lunges on the right leg, 5 lunges on the left leg

ABC

18

Practice spelling, do a squat for every vowel

22

Practice math problems, do a jumping jack every time the answer is an even number

19

Run in place for 30 seconds, check your heart rate

23

20 leg lifts

20

Practice spelling by doing a jumping jack for each letter

24

Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter

21

30-second plank



25

High knees for 30 seconds

heart.org/KidsActivities



at schools & other sites

Free Nutritious School Meals For Kids 18 And Under

Only a click away, the Free Meals for Kids mobile app will help families and kids find free meals at schools and other sites across Minnesota during school closures.

How it works:

- 1** Download the Free Meals for Kids app to your cell phone.
- 2** Use the app to find the nearest site providing meals and meal packs by GPS.
- 3** Click on the nearby site and use the Meals Updates tab for more details.
- 4** Share the app with friends, neighbors and on social media.

Free Meals for Kids can be downloaded at Apple or Google Play app stores.

There are free meal sites across the state at schools, bus stops, libraries, community centers and parks. The app provides location, directions to the site and hours and days of distribution. More sites are added daily. For more information: www.hungerimpactpartners.org

