

# HEALTH AND WELLNESS AT HOME

## Physical Activity

- Create an obstacle course using blocks, chairs, couch cushions, etc.
- Show a numeral and prompt kids to respond with a movement (e.g., hold up a 4 and kids perform four jumping jacks).
- Act out movements during story time.
- Take dance breaks or practice [yoga](#) moves.
- Use floor tape (or head outside and use sidewalk chalk) to create lines for walking, jumping, and balancing- or play hopscotch!
- Play “basketball” with rolled up socks and a laundry basket. Make it harder by moving the basket farther away, or add challenges like standing on one foot, using your opposite hand, etc.
- [Go Noodle](#) and [OPEN PE](#) are great FREE online resources.

## Nutrition Education

- Read stories with a food or nutrition theme. The [StartWELL Book List](#) has some great options.
- Combine nutrition ed and math by graphing the different food items you eat in a week, or [practice sorting](#) different foods by shape, color, or size (using printed cutouts or pictures from magazines)
- Share some fun facts about the food on your plate! Talk about the food group, how that food is grown, where it comes from, and why it’s good for you. [MyPlate.gov](#) is a great source for basic nutrition information.
- Cook together! There are lots of ways for kids to help out in the kitchen- from scooping ingredients to mixing batters and stirring salad dressing.



## Healthy Eating

- Planning nutritious meals can be challenging, but page two of this [Healthy Eating Guide](#) can help you figure out how to shop for and prepare healthy meals at home.
- The Children and Family Benefits Unit can help connect families to Medicaid and SNAP (food stamps). If you need assistance, call the Healthy CPS Hotline at 773.553.KIDS(5437) to get started!

Questions? Email [OSHW@cps.edu](mailto:OSHW@cps.edu)