

# FIT WIC News



## Family Fun for EVERYONE

### Let's Get Moving!

We all want a healthy future for our children. Being active as a family helps children feel confident about themselves and their bodies as they grow.

Parents are busy people and fitting in physical activity each day can seem difficult. But, some activities only take 10 minutes! Want to try an easy way to get the family moving? Turn off the TV and other electronics.

#### TRY THESE FUN ACTIVITIES:

##### Hacky Sack Target Toss

What you'll need:

2 hacky sacks or other small balls

Scissors

Cardboard box

1. Use scissors to cut shapes into the cardboard box (a parent's job).
2. Take turns tossing the hacky sacks into the box.

If you don't have a cardboard box, use an empty laundry basket or waste basket!

##### Hacky Sack Hide and Seek

Hide the hacky sacks around the house and have children find them. Use a watch to time how long it takes your kids to find the hacky sacks. Try the game again and see if your kids can improve their time.

##### Indoor Skating

Give each child two paper plates. Have them put one plate under each foot and slide around on the floor like they are ice-skating. Can they skate backwards? Add music for extra fun!



### Go for a Family Fun Walk

##### Nature Treasure Hunt Walks

Make walks more fun by adding a little adventure... have the kids search for rocks, leaves, or pinecones during your walks.

##### Counting Walks

Choose something you see often and start counting – one light post, two light posts, three light posts. See if you can get to ten!

##### Alphabet Walks

See how many different things you can find that begin with a certain letter. For example, A: acorn, airplane, ant, automobile.

##### I Spy Walks

One person picks or "spies" a person, place, or thing they see on the walk. They say "I spy..." and gives the others one clue about the object they see. Everyone guesses what the person saw until they get it right.



# Music Games

## Musical Bumps

All the players have to run, jump, skip, hop, and dance while the music plays. When the music stops they have to sit on the floor as quickly as possible. The last one to sit down is out. Continue the music until you have a winner.

## Freeze Dance

Have the children dance while the music is being played. Ask them to pose like a statue each time the music goes off.

## Hot Potato

Play the music and have the children pass around a hacky sack or small ball around until the music stops. The person holding the ball when the music stops is out.



# Take Time to Relax and Stretch

## Stretch Like a Cat, Crouch Like a Lion

Gather the family around and start by sitting on the floor. Use your imagination and lead everyone in the following yoga poses:

- Flap your knees like a butterfly.
- Sit on a lily pad like a frog.
- Stretch in the sun like a cat.
- Stand in a pond like a flamingo.
- Curl in the grass like a snake.
- Crouch/squat like a lion.
- Kneel and sit on your heels and let your forehead touch the floor. See if you can stay inside your “shell” so no one can see you.

Your children learn from watching you! Try these activities together and teach them what they are capable of. Plan to have yoga time right before a nap or just to relax.

## Physical Activity Helps Children

- Learn about their body and the world around them.
- Discover creativity and imagination.
- Sleep better at night.
- Have strong hearts, lungs, muscles, and bones.
- Keep their weight healthy.
- Build confidence.

## Quiet Family Time Activities

- Read a book together.
- Complete an activity book with coloring pages and games to play.
- Play a board game or do a puzzle.
- Pick a slow song and listen to it while you and your child relax.



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