



## Activity Ideas for Nutrition & Physical Activity

Activity	Directions
 <b>Flower Breathing</b>	<ol style="list-style-type: none"> <li><b>1. Hold an imaginary flower:</b> Ask the children to pretend they're holding an imaginary flower in one hand.</li> <li><b>2. Smell the flower:</b> Have them take a slow, deep breath in through their nose, like they're smelling the flower.</li> <li><b>3. Blow the petals:</b> Then, gently breathe out through their mouth, as if they're blowing the petals to make them move.</li> <li><b>4. Repeat:</b> Continue to repeat this two more times.</li> </ol> 
 <b>Fruit Tree Pose</b>	<ol style="list-style-type: none"> <li><b>1. Stand tall like a tree trunk:</b> Have children stand with feet together or sit tall in a chair.</li> <li><b>2. Lift one foot:</b> Balance one foot on the other leg or keep toes on the floor for support.</li> <li><b>3. Grow branches:</b> Stretch arms up like tree branches reaching for the sky.</li> <li><b>4. Grow fruit:</b> Pretend to grow apples or oranges on their branches by opening and closing hands.</li> <li><b>5. Sway gently:</b> Sway like a tree in the wind.</li> </ol> <p>For extra support, children can hold onto a chair or wall, and seated children can participate too! Remind them all trees grow differently.</p> 
<b>Adventure on the Nature Trail</b>	<ol style="list-style-type: none"> <li><b>1. Ready, set, go!:</b> Stand or sit tall like you're about to explore.</li> <li><b>2. March along:</b> March in place or move your arms like you're walking.</li> <li><b>3. Animal spotting:</b> Point out animals like birds or butterflies you "see" on the trail.</li> <li><b>4. Smell the flowers:</b> Take a deep breath, pretending to smell the flowers.</li> <li><b>5. Hop over a puddle:</b> Pretend to jump over a puddle, or lift your arms as if hopping.</li> </ol> 
<b>Buzzing Beehive</b>	<ol style="list-style-type: none"> <li><b>1. Stand tall:</b> Gather in a group.</li> <li><b>2. Buzz along:</b> Move in place, buzzing like busy bees.</li> <li><b>3. Visit flowers:</b> Pretend to fly over colorful flowers, looking up and reaching them with your hands.</li> <li><b>4. Collect pollen:</b> Gently touch your own shoulders, pretending to collect pollen.</li> <li><b>5. Fly to the hive:</b> Move in a circle, then quietly and calmly "fly" back to your seat.</li> </ol> 
<b>Fruit and Veggie Sorting</b>	<ol style="list-style-type: none"> <li><b>1. Materials:</b> Provide a variety of toys or pictures of fruits and vegetables.</li> <li><b>2. Sorting:</b> Have children sort them by color or type.</li> </ol>  

Activity	Directions
<p><b>Taste Test Adventure</b></p>	<p><b>Materials Needed:</b></p> <ul style="list-style-type: none"> <li>• Red, green and yellow apples</li> <li>• Small plates or napkins</li> <li>• Cutting board and plastic knives (for adult use only)</li> <li>• Chart paper or whiteboard</li> <li>• Markers</li> <li>• Stickers or stamps</li> </ul> <p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li><u><b>1. Safety and Hygiene:</b></u> <ul style="list-style-type: none"> <li>◦ Wash hands.</li> <li>◦ Children help set up by placing napkins or plates on the table.</li> </ul> </li> <li><u><b>2. Tasting:</b></u> <ul style="list-style-type: none"> <li>◦ Children help pass out apple slices.</li> <li>◦ Give each child a plate with apple slices.</li> <li>◦ Look at, feel, and smell the apple slice.</li> <li>◦ Take a small bite and think about the taste and texture.</li> <li>◦ Repeat with each type of apple.</li> </ul> </li> <li><u><b>3. Discussion:</b></u> <ul style="list-style-type: none"> <li>◦ Sit in a circle.</li> <li>◦ Make a chart with columns for each apple type.</li> <li>◦ Share thoughts on each apple (e.g., sweet, sour, crunchy, soft).</li> </ul> </li> <li><u><b>4. Voting:</b></u> <ul style="list-style-type: none"> <li>◦ Give each child a sticker or stamp.</li> <li>◦ Place the sticker or stamp next to their favorite apple on the chart.</li> </ul> </li> <li><u><b>5. Conclusion:</b></u> <ul style="list-style-type: none"> <li>◦ Thank the children for participating.</li> <li>◦ Children help clean up by throwing away napkins and putting plates in a designated area.</li> </ul> </li> </ol> 
<p><b>Let's Make a Snack!</b></p> <p><i>Take your taste test to the next level by adding this apple dip!</i></p>	<p><b>Cinnamon Spice Apple Dip</b></p> <p><b>Ingredients:</b></p> <ul style="list-style-type: none"> <li>• 2 cups plain, Greek yogurt</li> <li>• About 1/3 cup maple syrup</li> <li>• Sprinkle of cinnamon or apple pie spice</li> <li>• Sliced apples</li> </ul> <p><b>Instructions</b></p> <ol style="list-style-type: none"> <li>1. Combine yogurt and maple syrup, and whisk until smooth.</li> <li>2. Sprinkle cinnamon or apple pie spice on top.</li> <li>3. Serve with sliced apples (the apples that received the most votes during the taste test), explaining that we are eating the flesh and skin.</li> </ol>  <p><i>Recipe &amp; picture provided by Quality Care for Children's Harvest of the Month Activities</i></p>