

Practicing Healthy Habits at Home Resource

Review the SWITCH Home Scheduler and identify activities from below that would fit with your day at home to continue practicing healthy habits as a family.



“DO” Activities—Incorporating MOVEMENT

We can encourage daily doses of the outdoors, but here are recommended resources to be active indoors:

- [Brain Breaks](#): energizers you can adapt to do at home.
- Yoga Breaks: check out Cosmic Kids Yoga on [YouTube](#).
- [GoNoodle](#): variety of physical activity you can do in the living room.
- Create an exercise routine you can do during commercial breaks or do as a “brain break” between activities. Look at Kids Fit’s [“30 Days of Play”](#).



“VIEW” Activities—Reducing SCREEN TIME

While many resources provided for at home education are online, here are ideas to engage in learning and physical activity without a screen:

- [Iowa 4-H](#) has a resource list of different activities related to STEM, Healthy Living, Agriculture, the Arts, Leadership and Civic Engagement.
- Make a [Tech Trap!](#) This contraption holds our devices while we engage in conversation or free time without a screen. Great for dinner table or during screen-free play time.



“CHEW” Activities—HEALTHY EATING HABITS

Staying healthy and fighting off illness can be supported by good nutrition. Try to aim for 5 servings of Fruits & Veggies each day!

- **Recipes:** [Spend Smart. Eat Smart.](#) has meal planning, preparation and nutrition guidance for healthy recipes that are simple and affordable.
- **Taste Testing:** encourage your child to try a taste of something new!
- **\$10 Meal Challenge:** Plan and prepare a meal for your family that incorporates a serving of all five food groups under \$10. More info [here!](#)

Family-based Activities

- Play** in the backyard.
- Go for a walk** around the neighborhood or to local park.
- Game night!** Turn off the TV and pull out your favorite board games to play as a family.
- Healthy Screen Time:** call or FaceTime grandparent or friend to check in and see how they’re doing.
- Meal-time Conversation Cards:** variety of [conversation](#) starters to enjoy meals together as a family.
- Go on a Hunt for Joy:** take time each day to reflect on your day and identify what was positive something you each are thankful for!
- Connection with Others:** , check in with your neighbor with a call or consider writing a letter to someone at local nursing home.
- Share your appreciation** for service workers (grocery store workers, local businesses, health care centers).

Making time for Mental Wellness..

- Helping your child [cope with stress](#) especially during a confusing time.
- Take time to think about the positive things going on and what you are thankful for.
 - Start a [Gratitude Journal](#) or have everyone list one thing they’re grateful for at meal time.
- Mindfulness activities: [Mindful Breathing](#), [Body Scan](#), [Mindful Eating](#) recordings. More information found at [4-H Healthy Living](#).

For More Resources

- Follow us on social media: [@SwitchProgram](#) [@Iowa4H](#)
- Subscribe to Spend Smart. Eat Smart. [blog](#)
- Reach out to your local ISU Extension office

