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](https://www.youtube.com).
- **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](https://www.extension.iastate.edu/4h/healthy-living), 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 all five food groups under $10. More info [here](https://www.extension.iastate.edu/4h/healthy-living).

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](https://www.extension.iastate.edu/4h/healthy-living) or have everyone list one thing they’re grateful for at meal time.
- Mindfulness activities: [Mindful Breathing](https://www.extension.iastate.edu/4h/healthy-living), [Body Scan](https://www.extension.iastate.edu/4h/healthy-living), [Mindful Eating](https://www.extension.iastate.edu/4h/healthy-living) recordings. More information found at [4-H Healthy Living](https://www.extension.iastate.edu/4h/healthy-living).

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).

For More Resources

- Follow us on social media: @SwitchProgram @Iowa4H
- Subscribe to Spend Smart. Eat Smart. [blog](https://www.extension.iastate.edu/4h/healthy-living)
- Reach out to your local ISU Extension office

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