

FIT-TASTIC! ACTIVITY IDEAS & DESCRIPTIONS:

Below are activities that you can use to make your existing event or booth Fit-Tastic!

Engage community partners or your own volunteers to provide at least one activity for each of the five Fit-Tastic! messages. As described in the Fit-Tastic! Event Kit Guide, by having an activity or zone for each of the 12345 Fit-Tastic! behaviors, you can help participants practice the behaviors at your event! Not only will they get ideas for continuing these healthy behaviors at home, but they will also have fun!

FIT-TASTIC! ACTIVITIES



Fit-Tastic! Zone 1:

Jump Rope Time

Fit-Tastic! Zone: 1

Description: As a group, have kids take their heart rates. (Have kids find their pulse and count the beats over 15 seconds). Jump rope for 60 seconds and take their heart rate again to see the difference even one minute of physical activity can make!

Materials: Jump ropes, timer or stopwatch

Hula Hoop Dance Off

Fit-Tastic! Zone: 1

Description: Each child is given a hula hoop and at your go, must dance while hula hopping. The person who dances the longest, while keeping up the hula hoop, wins!

Materials: Hula hoops, music player

Ball Hug Race

Fit-Tastic! Zone: 1

Description: Set up a line for the relay race. Have each child place a ball between his/her knees and race to the opposite line and back again. Use a smaller ball for the younger students and change the distance for different age groups.

Materials: Balls, Tape (for line)

Scarf Juggling

Fit-Tastic! Zone: 1

Description: Direct children for different activities with their scarf:

- Throw the scarf with dominant hand and catch in non-dominant hand, and then throw with their non-dominant hand to their dominant hand. Encourage them to throw higher and higher.
- Throw the scarf in the air and do a full spin, before catching it in the opposite hand.
- Throw the scarf in the air and catch it with your arm/knee/foot/head/back.
- Throw the scarf in the air and do 3 squats/lunges/star jumps before catching it in the opposite hand.

Materials: Small scarves

DIY Obstacle Course

Fit-Tastic! Zone: 1

Description: Get creative with a DIY obstacle course. Here are some ideas to start with:

- Use hula hoops to place on the ground like tires for children to high step.
- Set up an air mattress for the children to climb over.
- Use big boxes for the children to climb through.
- Set up a balance beam (half pool noodles, taped down or use tape to mark a line).
- Set up a start and finish line for kids to crabwalk (Kids sit on the grass, bend their knees, lean back, and lock their elbows, then "walk" as straight and fast as they can).
- Throw a ball into a basket for the end.

Materials: Hula Hoops, air mattress, large boxes, pool noodle (cut in half and taped to the ground), tape, ball, basket



Fit-Tastic! Zone 2

Bookmark Making

Fit-Tastic! Zone: 2

Description: Reinforce time away from the screen by having participants make their own bookmarks. Not only is a great craft but you can have them write “no screen time facts” on their bookmark!

Materials: Pre-cut cardstock or cardboard, sharpies, yarn (for tassel), hole punch.

Digging for Treasures

Fit-Tastic! Zone: 2

Description: Time away from the screen doesn’t have to be only for reading. Reinforce no screen time with a fun “archeologist” inspired activity. Fill up bins or buckets with sand, bury small items and have participants search for them.

Materials: bins/ buckets, sand, small items/ toys, list of items to find

Recycle Craft

Fit-Tastic! Zone: 2, 3, 4, 5

Description: Reinforce milk /yogurt and re-use those milk/yogurt cartons to make something fun! Check out our Drink More Milk pinterest board (www.pinterest.com/12345fittastic/) for a milk carton craft idea. Other recycle ideas include making birdfeeders, boats and event mini planters for a DIY home garden. Or reinforce drinking more water and reuse water bottles for a craft.

Materials: milk/ yogurt cartons, water bottles, craft items such as glue, scissors, ribbons, Sharpies/markers, stickers, etc.

Screen Time Limit Badge

Fit-Tastic! Zone: 2

Description: Help you and your children stay on track with your screen time goal by making a “Screen time Limit” badge. This badge can later be hung on the TV or other screen time object to remind you that you have reached your screen time limit.

Materials: crayons, markers, screen time limit badge



Fit-Tastic! Zone 3

Bowling for 3

Fit-Tastic! Zone: 3

Description: Get a strike and bowl for 3 servings of milk and yogurt. Set up 3 empty milk bottles/yogurt tubs and have participants roll a ball to knock them down!

Materials: 3 milk/ yogurt containers, ball

Calcium Bingo

Fit-Tastic! Zone: 2, 3

Description: Reinforce the importance of 3 servings of milk and yogurt by playing a quick game of bingo! These customized calcium bingo cards are educational and fun! They can even take them home to play again and again.

Materials: Calcium bingo cards, milk caps as placers (or any other small object).

Forever Parfait

Fit-Tastic! Zone: 3, 5

Description: Make a forever parfait and introduce the fun of layering yogurt and fruit. With a plastic cup as your frame, glue layers of white and colored strips of paper (i.e. red, purple, blue, orange) on to the cup like you would layer a parfait. Have the participants write or draw fruit on the colored stripes and tell them to go home and make their creation and see how it tastes!

Materials: cups, glue, strips of white and colored paper

Milk the Cow

Fit-Tastic! Zone: 3

Description: Teach participants where milk and yogurt comes from and have them milk the glove utters. Fill up the glove with milk or water and have the participants' squeeze the fingers as if they are milking cow utters. Great motor skill practice and lots of laughs!

Materials: Sanitary gloves, milk/water, cup/bucket

Moostache Photo

Fit-Tastic! Zone: 3

Description: Have fun with the iconic “milk mustache” and have participants make their own #moostache and take a picture. You can also create an instagram cut out and use other props like stuffed animal cows, milk or yogurt cartons, etc. (NOTE: this requires pre-work to create the photo props and/or background. Check out our website for some pictures of how this was done)

Materials: Giant cutout or background with #moostache #moomore on it, white mustaches on a stick or stickers or a real milk mustache other photo props.



Fit-Tastic! Zone 4

Beanbag Toss for H2O

Fit-Tastic! Zone: 4

Description: Reinforce four servings of water by having participants toss four beanbags into a designated area (ex. hula hoop, bucket, box, laundry basket, taped area on the ground). Use a larger area (or place farther away) for younger participants, use a smaller area (or place closer) for older participants. You can also use a ring toss instead of beanbags.

Materials: Hula hoop (or other item), 4 bean bags; or 4 rings, 4 water bottles

Cups of water

Fit-Tastic! Zone: 4

Description: Playing with cups can be a great reminder to fill that cup with water. Have participants race against the clock to see how fast they can flip 4 cups from right side up to upside down. Go to <https://www.speedstacks.com/> for other fun cup games. You can add water/ sugar trivia questions to make it more challenging for older participants.

Materials: minimum 6 cups, trivia questions, timer

Guess How Much Sugar?

Fit-Tastic! Zone: 4

Description: Step right up and guess how much sugar is in the things we drink. Give participants 1 min to match up the sugar amount cards to the display items. (NOTE: this requires some pre-work)

Materials: sugar amount index cards, display items (soda, juice, water, iced tea, etc.)

Sugar Stomper Dance

Fit-Tastic! Zone: 4

Description: Turn Dance Dance Revolution into a game about stomping out sugar. Set up your sugar stomper quadrant and have your participants stand in the middle. Hold up your coordinating sugar stomper cards and have the participants stomp their foot on that corresponding quadrant. Go slower for younger participants and faster for older. Set up two quadrants and have participants do it together. Be sure to turn on the music to add to the fun!

Materials: sugar stomper quadrant, sugar stomper cards

Toss The Can

Fit-Tastic! Zone: 4

Description: You may have seen this game at your local carnival, but with this little twist we can reinforce trashing those soda cans and replacing them with water! All

you need is some empty soda cans stacked in a pyramid or rectangle. Give the participant a beanbag or small ball and have them throw it towards the soda cans. Give them four chances to trash those cans and start drinking water.

Materials: empty soda cans, beanbag or small ball, stool/table/other flat surface (to stack soda cans on).



Fit-Tastic! Zone 5

Coloring the Rainbow

Fit-Tastic! Zone: 2, 5

Description: Reinforce eating fruits and vegetables by having participants color pictures of fruits and vegetables. Feel free to use our Fit-Tastic! coloring pages available on the website (<http://fittastic.org/partners/resources>).

Materials: coloring pages, crayons/markers

Fruit Necklace Craft

Fit-Tastic! Zone: 2, 5

Description: Have fun with your food and instead of a candy necklace make a dried fruit necklace! Great way to make snack time fun!

Materials: variety of dried fruit, dental floss, plastic needle, sanitary gloves, paper plates

Fruit/ veggie Race

Fit-Tastic! Zone: 5

Description: A variety of fruits and vegetables exist and what better way to teach participants about them than put them to the test. Have participants race to separate a deck of fruit/ vegetable cards into their category. Have space to make them move? Make them race back and forth from two spots as they categorize the cards (this is great with a larger group).

Materials: Fruit/ Vegetable cards (templates available on the website), timer

Guess Who?: Fruit/ Veggie Edition

Fit-Tastic! Zone: 5

Description: Play the “Guess Who,” or in this case what, game but with your favorite fruits or vegetables. Have your participants place a fruit/ vegetable card on their forehead and ask yes/ no questions to figure out which fruit or vegetable they are.

Materials: Fruit/ vegetable cards (templates available on the website)

Mystery Fruit or Veggie

Fit-Tastic! Zone: 5

Description: See if our sense of touch can guess what fruit or veggie we are holding. Place a fruit or veggie in a cardboard box or brown paper sack with just an opening for a hand. Have the participant reach in and guess what fruit or veggie they are touching. You can help them by giving them clues if they are stuck. This is a great game to play with kids at home, have them guess what they are about to eat just by touching it!

Materials: Shoebox, fruit and vegetables (ex. those with unique skin textures are often more interesting like kiwi, artichoke, celery, broccoli, cauliflower, etc.)