

## Staying Healthy this Summer

Are you looking for guidance on how your children can eat healthy and stay active this summer? Check out this breakdown by [KidsHealth.org](https://www.kidshealth.org) for guidance on what is recommended to stay healthy, by the numbers.

5 - It is recommended to eat 5 or more servings of fruits and vegetables every single day. Try to eat a rainbow of foods. Different colors means LOTS of vitamins and minerals.

2 - Less time in front of a screen translates to more time to be active and have fun. Make a goal to spend less than 2 hours on the computer or watching TV.

1 - Throughout the day, encourage your child to be active. It doesn't have to be all at once, but it is important to be active for at least 1 hour.

Almost None - Skip the sugary drinks! Most soda, juice, and sports drinks have tons of sugar in them. Water and milk are great healthy options to quench your child's thirst this summer.

**Ask Your Child: What is your favorite fruit or vegetable?**

## HEALTHY KIDS



## How to Keep Kids Active in the Summer

It can sometimes be difficult to keep children motivated to stay active when there are so many distractions inside and online. Exercising has so many benefits for kids - physically, mentally, and socially. Here are 10 summer exercise tips to keep things fun while working the necessary muscles.

1. Take a Family Outing such as walking, hiking, or biking.
2. Create an obstacle course.
3. Encourage kids to help with gardening and lawn work.
4. Play traditional childhood favorites including Simon Says, Red Light/Green Light, and Hide and Seek.
5. Have a dance party.
6. Dance while you clean the house.
7. Build forts.
8. Stage a scavenger hunt.
9. Embrace "active" technology that incorporates movement into a video game.
10. Check out interactive websites that feature Zumba or Yoga activities that cater to children.

Even if it is too hot to play outside for too long, there are plenty of activities to try indoors. The most important thing is staying active for at least 1 hour every day.

**Ask Your Child: What would you like to do on our next family outing?**

## ACTIVE KIDS



## Butterfly Suncatcher

### Materials

- Different color tissue paper
- 2 Pieces of clear contact paper
- Black construction paper
- Scissors
- White crayon

### Directions

1. Find a simple little butterfly template on the internet.
2. Using your white crayon, trace the butterfly onto a black piece of construction paper.
3. Cut the outline of the butterfly so that it has about a 1/2 inch border.
4. Once that is done, put one piece of clear contact paper under the template. The sticky side should face up.
5. Then, your child can lay whichever pieces of cut tissue paper they like on top of the sticky side.
6. When the butterfly template is covered, the second piece of contact paper goes over the top (sticky side facedown).
7. The children then can cut around the border of the butterfly to get rid of the excess contact paper.



## FUN CRAFT ✂

**Ask Your Child:** *What do you like best about butterflies?*

## Frozen Yogurt Bites

### Ingredients

- Tubes of Go-Gurt
  - You can get any flavor but if you include at least two different flavors, your frozen yogurt bites will have more colors and fun.

### Directions:

1. Cut a tiny corner off the tube of Go-Gurt. Don't use the pre-made tear they provide because you want a smaller opening.
2. Lay a piece of wax paper on a cookie sheet.
3. Start squeezing out the yogurt onto the wax paper. You decide how big or small you want them to be!
4. Once you are done, place them in the freezer. Let them get solid for about 4 hours.
5. Pop them off and place them in a freezer bag.

**Ask Your Child:** *Which is your favorite flavor?*

## EASY RECIPE 🍴



Eating on a Dime.com