

Making Bedtime Fun!

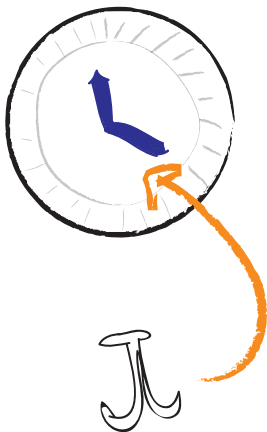
Bedtime Routine Chart Activity



You will need...

1. Construction paper
2. Paper plate
3. Brass fastener
4. Scissors
5. Marker

1 Cut a paper arrow from construction paper and place it in the middle of a paper plate.



2 Make a small hole in the center for the plate and attach the arrow with a brass fastener. You should then be able to spin the arrow like the hand on a clock.



3 Have your child cut and paste pictures or words around the edge of the plate that show the things s/he has to do before bedtime (Put away toys, put on pajamas, brush teeth, etc.).

4 Hang the chart up so at bedtime your child can move the arrow from one task to another as s/he does the bedtime routine!



Going to bed at the same time each night helps kids get the 10-11 hours of sleep they need to be healthy.

Content adapted from Healthy Habits, Happy Homes



Healthy Drinks: Add it up



Drink water, not sugary drinks.




8 oz glass of water = 0 tsp



 = 5.5 tsp
8 oz glass of orange juice



 = 5.5 tsp
6.75 oz juice box (100% juice)



 = 8.75 tsp
20 oz bottle of sports drink



 = 9.75 tsp
12 oz can of soda



 = 10.5 tsp
16 oz bottle of iced tea



 = 14 tsp
16 oz bottle of chocolate milk



Content adapted from STAR

Fitness Dice Activity

Make your own fitness dice and get the 1+ hour of physical activity you need each day!



Just follow these easy directions!

STEP 1

Take two empty tissue boxes like the ones shown below, and paste construction paper on every side.

STEP 2

Write the numbers 5, 10, 15, 20, 25 and 30, with one number on each side of the box.

STEP 3

Write or cut-out pictures to show an activity like jumping jacks or running in place, and paste one activity on each side of the second box.

STEP 4

Roll the dice and follow the instructions for a fun way to get moving!





Indoor Fun Jar Activity

This helps keep kids busy and away from the TV.



Just follow these easy directions!

STEP 1

Decorate your jar with stickers, pictures, and words.

STEP 2

Make a list of indoor activities and cut each one out.

STEP 3

Fold each activity paper in half.

STEP 4

Fill the jar with the activity papers. Have your kids pick out an activity instead of watching TV!



Remember, kids should get no more than 2 hours of screen time per day.

Content adapted from *Healthy Habits, Happy Homes*

