WIN Kids Fun Days Activities
Objectives

Get Acquainted Activities
What Am I
• Practice meeting people.

Potato or Peanut Pal
• Recognize that people, like potatoes or peanuts, come in a variety of shapes and sizes.

Glad to Meet You
• Learn fun ways to cheer for others.

Human Knot
• Warm-up muscles with some stretching motions.

Pleasurable and Healthful Eating Activities
It’s In the Bag
• Explore and identify some new and different fruits and vegetables.

Fruit and Veggie Match
• Identify some fruits and vegetables and their primary nutrients.
• Practice non-verbal communication skills.

Blind (or not) Taste Tests
• Learn how all the senses are involved when eating foods.
• Sample fruits and vegetables that may be new foods for some participants.

Conscious Eating
• Explore the difference between distracted eating and conscious eating.

Pleasure of a Kiss
• Learn about the concepts of moderate and pleasurable eating.

Flavor Roller Coaster
• Recognize the role of the five senses in eating food.
• Appreciate eating as a satisfying and pleasurable experience rather than as a rushed experience.

Portion Scavenger Hunt
• Examine large or super-sized portions.
• Explore the sugar and/or fat quantities found in these portions.

Portion Investigators
• Practice measuring standard MyPlate serving sizes.

A Body of Water
• Understand water’s role in health of the human body.
• Learn that foods and beverages provide various amounts of water.

Take the Soft Drink Challenge
• Sample different brands of cola-type soft drinks and try to identify the brand without seeing the label.
• Begin to understand the concept of brand loyalty.
Legume ID and Beads
• Explore the variety of legumes available to eat.
• Review roles and benefits of fiber for the body.

Calcium in Our Bones
• Understand the amount of calcium in bones by making visual representations.
• Explore the increase in calcium in the bones during the teen years.

Calcium in Foods
• Investigate good sources of calcium, such as calcium-rich beverages.

Snacks to Make and Enjoy
Let's Go Fishing
• Learn to make dips for vegetables.
• Reinforce the concept of accepting body-size differences.

Smoothies
• Review health benefits of fruits and calcium-rich foods.
• Learn how to make a fun and tasty snack using fruits and milk products.

Bread in a Bag
• Review health benefits of bread.
• Learn some basic bread-making skills.

Eating Fun
• Practice skills for making mealtimes social and enjoyable with interesting conversations.

Body Image Activities
Banana Split
• Explore the effects of saying hurtful things to another person.

Friendship Web
• Identify qualities of good friends.
• Visualize the emotional strength gained from friendships.

Sticker Friend
• Identify meaningful and positive qualities in others.

Sizing It Up
• Encourage appreciation for body-size diversity.

All Creatures Big and Small
• Explore the idea that animals come in a variety of shapes and sizes.
• Learn about differences in abilities and food choices among animals.

Magazine Poses
• Investigate the lack of body-size diversity in magazines.
• Understand the purpose of magazine ads.
• Realize that magazine photographs are usually manipulated to produce unrealistic perfected images.
Physical Activity Activities

Heart Power
• Explore the role the heart plays during physical activity.
• Experience cooperative play.

Blow Up Games
• Experience cooperative play.
• Learn fun games to play using balloons.

Footbag Mania
• Learn fun physical activities using a footbag (also called a hacky-sack or foot sack).
• Experience fun activities that are good for stretching, flexibility and coordination.

It All Counts
• Explore walking as a great physical activity.
• Learn basics for using a step counter.
• Become aware of ways to increase steps every day.

Move to the Beat
• Learn fun ways to stretch for warming up and cooling down.

Noodle Nonsense
• Experience fun physical activities using a foam or blow-up noodle.

What Are You Doing?
• Learn about the variety of activities that are part of a physically active lifestyle.

Move that Hula
• Experience cooperative play.
• Work with others as a team to achieve a task.

Plate Race
• Experience cooperative play.
• Support and encourage team members to complete a task.

Rocky The Stick Figure
• Experience cooperative play.
• Work with others as a team to achieve a task.

Spelling Bee
• Experience cooperative play.
• Work with others as a team to achieve a task.

Local Hero
• Meet a local role-model who has incorporated lifestyle physical activity into his or her daily life.
• Explore the value of lifestyle physical activity.