

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.