

DELAWARE 4-H HEALTHY LIVING



Fun activities to reinforce healthy living lessons.

Goals:

To review concepts of healthy eating, wholesome beverages, and basic physical fitness.

Participants will increase knowledge of nutrition and fitness.

Supplies:

1 beach ball per 8-10 youth, numbered with permanent marker 1-18.

Question and Answer Key attached

Time Required:
15-30 minutes

Activity Name: Fitness and Nutrition Ball Toss

Procedure:

Gather children in a circle -approximately 8-10 youth per circle.

Tell them you will be playing a game to learn more about healthy eating and healthy activities.

Instruct youth to toss the ball and tell you what number their right thumb lands on the ball.

Read, or have an older youth read, the corresponding question.

Have youth toss the ball to the next person until all 18 questions have been reviewed and all youth have participated at least once.

Reflect:

Following the activity, ask youth what new words or ideas they learned today.

Which of these things do they find hardest to achieve; easiest?

Who has an idea to help others make healthy choices?

Apply:

Ask youth, "As a result of doing this activity, what healthy activity will you commit to doing?"

How will you share this information with others?

Application ideas might include:

Drink water instead of soda, play outside each day, watch less TV, eat healthy snacks, share with my family, etc.

4-H hosts Train the Trainer sessions for teens and adults all year long, in each county. We also hold special fun events for teens and our "Healthy Living Ambassadors". To learn how you can become involved, visit our website at <http://extension.udel.edu/4h> Or email krjohn@udel.edu or your county agent for more information.

In 2014-2015

- 4-H facilitated 4-H Food Smart Families to over 2500 youth and Up for the Challenge Assets & Fitness to 3300 youth!
- Health Rocks & Botvins reached over 6500 youth with Prevention Life Skills!

For information on booking 6-10 hours for your club or students, visit our website at <http://extension.udel.edu/4h/>

Or call your County Cooperative Extension Office.



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Our thanks for supporting DE 4-H "Youth Voice, Youth Choice" building healthy communities through engaged youth!