

# Happy, Healthy Me! Stations

## Balancing Act

Balance a bag on your head while weaving in and out of the cones. If you drop the bag, you must go back and start over at the beginning. You must go all the way to the end and back without dropping the bag.

Now do the same but try balancing the bag on your:

1. Shoulder
2. Foot
3. Forearm (stretched out like an airplane)
4. Can you do 2 at a time? (one on each foot, one on each forearm, etc.)

## Balloon Tennis

1. Toss the balloon up in to the air.
2. Use the "racket" to hit the balloon.
3. Now try bouncing the balloon on top of the racket.
4. How many times can you bounce without letting the balloon drop?
5. If you have a partner, try hitting the balloon back and forth to one another.

## Hula Hoops

1. Swing the hula hoop around your hips.
2. Have a contest to see who can swing it the longest.
3. Use the timer to see how long you can swing without letting the hula hoop fall.
4. Can you swing the hula hoop around your arm? Ankle/leg? Neck?

## Jump Rope

1. Use the timer to see how long you can jump rope without stopping.
2. Have a contest to see who can jump rope the longest.
3. Try some fancy jump rope skills if you know any

## Basketball

1. There are 3 basketball hoops. Can you shoot and make a basket in all of them?
2. How many baskets can you make in a row?

### **Soccer Ball Catch**

1. With a partner, toss the soccer ball back and forth.
2. How many times can you toss/catch without dropping it?
3. Can you toss overhead? Under dog (granny style)? Can you head bump the soccer ball?

### **Bucket Ball**

1. Stand at the start.
2. Place tennis ball between your knees.
3. Walk over to the bucket without dropping the tennis ball. If you drop, you must go back to the start.
4. Drop the tennis ball in to the bucket without using your hands.
5. Repeat until you have dropped 3 tennis balls into the bucket.
6. Use the timer to see how fast you can do it.
7. Have a contest to see who can do it the fastest.

### **Sack the Cans**

1. The cans will be set up various distances from the sack.
2. Run to the first can, pick it up, and place it back in the sack. Then, run to the next can, pick it up, and place it back in the sack. Do this until all the cans have been sacked.
3. Once all the cans have been sacked, you must now un-sack the cans one at a time.
4. Use the timer to see how fast you can do it.
5. Have a contest to see who can do it fastest.

### **Disco Tent**

1. Dance like no one is watching!
2. Get down and boogie!
3. Show off your moves!

### **Stretching Mats**

Count to 10 while doing each of the following stretches:

1. Legs in front of you, knees straight, stretch to touch your toes.
2. Spread legs out, side to side. Stretch to one side, then to the next.
3. Cross one arm across your chest. Use other arm to stretch the shoulder. Switch and do the other shoulder.
4. Shoulder roll. Roll shoulders forward. Roll shoulders backwards.
5. Stand up with legs apart. Bend over to touch one foot. Switch to the other side.
6. Neck stretch. Gently roll head to the left and then to the right.

### **Snack Station**

1. 1 scoop Cheerios
2. 2 scoops mixed nuts
3. 2 scoops raisins
4. 1 scoop m&ms

### **Soccer Ball Crawl**

1. Start on your hands and knees with the soccer ball in front of you.
2. Using only your head, "walking" on your hands and knees, bump the soccer ball weaving in and out of the cones.
3. Your turn is done when you get back to the start.
4. How much time did it take?
5. Can you find someone to race you?

### **Water Station**

### **Scooter Race**

1. Sit carefully on scooter.
2. Using only your feet, scoot to the end of the race course and back.
3. How much time did it take?
4. Can you find someone to race you?
5. Try to beat your best time.