

# HEALTHY AT HOME

## DURING COVID-19

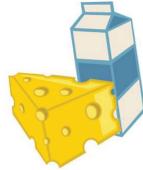
You can help the children in your life continue to live a healthy lifestyle during COVID-19 by encouraging them to follow the daily Countdown!



**5** servings of  
fruits and vegetables



**4** servings of water



**3** servings of  
low-fat dairy



**2** hours or less of  
screen time



**1** or more hours of  
physical activity

Learn more at [GoNebraskaKids.org](http://GoNebraskaKids.org) and follow these tips during social distancing:

### 5 FRUITS AND VEGGIES

Plant a backyard garden and allow children to participate in growing their own fruits and vegetables. This will make them more inclined to eat them while also cutting down on trips to the grocery store for fresh produce.

### 4 GLASSES OF WATER

Carry a reusable water bottle with you and avoid using public drinking fountains. Add a tally mark each time you fill it up!

### 3 SERVINGS OF DAIRY

Make snack time a fun activity with DIY smoothies or fruit bars! Allow children to choose their favorite fruits to combine with yogurt for a healthy snack.

### 2 HOURS OR LESS OF SCREEN TIME

We're all getting a lot more screen time these days! Be intentional about cutting back recreational screen time and engage in active play for fun. Use screen time for distance learning and to connect with family and friends.

### 1 HOUR OR MORE OF PHYSICAL ACTIVITY

There is no better place to be active than your own backyard or neighborhood! Go for family walks, play kickball, or take turns being the "yoga teacher" and coming up with tricky poses.



For more wellness information, follow us on Facebook at [The Wellbeing Partners](#) and [The Wellbeing Partners-Youth](#)



DATE:

Servings of fruits  
and vegetables

1 2 3 4 5

Servings of water

1 2 3 4

Servings of low-fat dairy

1 2 3

Hours of screentime

1 2 (or less)

Hours of physical activity

1 (or more)

Visit [GoNebraskaKids.org](http://GoNebraskaKids.org)  
but don't stay long

# HEALTHY AT HOME

Use this for fun exercise as a family! Spell a name, sight words, anything!

<b>A</b>	10 Star-Jumps	<b>N</b>	Squat 10 seconds
<b>B</b>	Balance on right foot for 20 seconds	<b>O</b>	15 arm circles with your left arm
<b>C</b>	Crab walk 10 steps	<b>P</b>	15 second plank
<b>D</b>	Downward facing dog	<b>Q</b>	Do a somersault
<b>E</b>	Crazy dance for 30 seconds	<b>R</b>	Run in place for 30 seconds
<b>F</b>	Balance on left foot for 20 seconds	<b>S</b>	10 squat jumps
<b>G</b>	Use your body to grow from a seed to into a flower	<b>T</b>	10 toe-touches
<b>H</b>	High five everyone in the room in 60 seconds	<b>U</b>	12 pushups
<b>I</b>	Invisible jump rope for 20 seconds	<b>V</b>	Sing Head, Shoulders, Knees and Toes super-fast
<b>J</b>	10 jumping jacks	<b>W</b>	Windmill arms for 20 seconds
<b>K</b>	High knees in place for 30 seconds	<b>X</b>	Do "Stop Drop and Roll"
<b>L</b>	10 Frog-leaps	<b>Y</b>	12 arm circles with your right arm
<b>M</b>	Front lunge 10 steps	<b>Z</b>	Crawl like a baby for 20 seconds

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# HEALTHY AT HOME

Find two dice and roll each one to find the physical activity you need to do! Try to get 60 minutes of physical activity every day.

		R O L L 1					
		1	2	3	4	5	6
R O L L  2	1	Run in place for 30 seconds	10 Burpees	Side lunge 10 steps	15 Jumping jacks	Balance on right foot for 20 seconds	Use your body to grow from a seed into a flower
	2	12 Pushups	Hop on left foot 10 hops	Squat 10 seconds	Crab walk 15 steps	Balance on left foot for 20 seconds	Crazy dance for 30 seconds
	3	10 Jumping jacks	Hop on right foot 10 hops	High knees in place for 30 seconds	10 Frog-leaps	March like a soldier for 30 seconds	Sing Head, Shoulders, Knees, and Toes super fast
	4	15 Seconds in plank	10 Squat jumps	Front lunge 10 steps	Windmill arms for 20 seconds	10 Crunches	Do a somersault
	5	Downward facing dog	20 Side-to-side hops	15 Arm circles with your right arm	10 Star-jumps	15 Arm circles with your left arm	Do "Stop Drop and Roll"
	6	Crab walk 10 steps	Invisible jump rope for 20 seconds	10 Crunches	Crawl like a baby for 20 seconds	10 Toe-touches	High five everyone in the room in 60 seconds

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# HEALTHY AT HOME

Find all of the items on the list while on a walk or bike ride around your neighborhood



Stop sign



Dandelion



Speed limit sign



Bird



Stop light



Fence



Bike



Street light



Dog



Blue car



Tree



The number 2



Grass



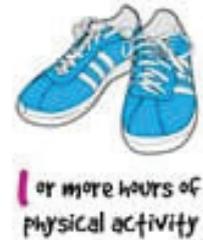
Gray house

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# HEALTHY AT HOME

**FREE** online resources to stay active at home. Children need **60 minutes of physical activity every day--get creative and have fun!**



Learn more about the 5-4-3-2-1 Go!® program at [GoNebraskaKids.org](http://GoNebraskaKids.org)

## GO NOODLE

This community resource has lots of videos that get children and families up and active.

Visit:  
[GoNoodle.com](http://GoNoodle.com)

## Play Works

This resource has great ideas for active games for families to play together.

Search:  
[Play Works Play At Home Playbook](#)

## Hy-Vee Kids Fit

Check out these videos for some fun work-outs for the whole family.

Visit  
[Hy-VeeKidsFit.com](http://Hy-VeeKidsFit.com)

## Mindfulness Apps

Apps can be great to help meditate and calm the mind. Search [UCLA Mindful App](#) Or [Smiling Mind App](#) in the App store

## Bicycle Safer Journey

Use these videos, tips, and other resources to discuss bicycle safety with your family. Search [Bicycle Safer Journey](#)



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