

# Healthy Activities *for* Sheltering in Place with Children

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On average, children spend nearly one-third of each day with media, while adults spend about half of each day. Sheltering in place is a great time to reconnect with the family, meaning less screen time and an improved lifestyle. Here are some family friendly activities that can lead to healthy family bonding during this time.



## Eat Together

- Families that eat together promote healthy eating. Parental modeling encourages children to consume more fruits and vegetables, resulting in a healthy weight.
- Big, simple meals mean leftovers that can be used for other dishes.

## Cook with the Kids

- Children can help, depending on their ability and age. Let your child master each task before moving on to more advanced tasks. For example, 7-year-olds can peel, 9-year-olds can beat eggs and 10-year-olds and older can chop.
- Allow children to choose meal themes and what they would like to help cook.



## Stay Active

*Children need at least 60 minutes of physical activity. Below are some activities that can be done in or around the house.*

- Play a sport, ride bikes, or walk together.
- Children can join parents doing outside chores, such as pulling weeds and sweeping the garage (Tip: *Listening and singing to upbeat music is a way to make it fun*).
- Play interactive video games, such as sports and dancing.

For more information:

Mrs. Natasha Lamadieu  
EFNEP Program  
Nutrition Educator  
nlamadieu@desu.edu  
302.857.7926

Mrs. Denise Pinkett-Wynn  
Programs Coordinator  
dwynn@desu.edu  
302.857.8006