

It's All About Balance: Eat Smart, Move More, Rest Well

4 Easy Ways to Enjoy Active Fun at Kids' Parties

Have fun with old-fashioned favorites.

The list of possibilities is long. It is fun and easy on wallets. With little or no equipment, kids can have hours of fun with old-time games. Play kick the can, red rover, tug-of-war, leap frog, dodgeball, kickball, four-square and hopscotch. Try tag, freeze tag or flashlight tag. For more fun outdoor games, try duck-duck-goose, hide and go seek or red light-green light. Play Simon says—Simon can ask children to be physically active.

Have fun with creative indoor activities.

Some traditional games - such as red light-green light and follow the leader - can also be played in a classroom or living room. Many ball games can also be adapted for indoor play using foam balls. Creative team games are great for "indoor Olympics" with events like a shoebox relay. "Racers" take turns skating a set distance with shoeboxes on their feet, then passing a baton to the next team member. Shoeboxes skate well on carpet, tile or wood without scuffing.



Have fun with high-energy box games.

The oldie-but-goodie in this category is Twister®—fun for all ages since 1966. The game that *ties you up in knots* is fun for families or groups. It is played in tournaments around the world. Use multiple Twister® mats for more laughs or try to beat the world record. Hullabaloo®, a creative combination of Simon says and freeze tag, is the popular new kid on the block.

Have fun with low-tech equipment.

Children of the video game generation still get quite excited about some very low-tech toys. Some favorites are Frisbees® and hula hoops; Koosh®, Nerf and foam balls; and noodle pool toys (in and out of the water). This equipment usually comes with cool ideas for activities. If you need some guaranteed games for a specific age group, check with an expert—the physical education (PE) or health education teacher at your child's school.

Need some creative activities for a party? Check out *Games Kids Play* at www.centerofweb.com/kids/games/default.htm for more than 250 mostly active games and variations. Check out *Streetplay* at www.streetplay.com/thegames/. These games started on playgrounds, streets, stoops and walls. They are can be played anywhere children need something to do.



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