

# Healthy Habits for Kids During a Pandemic

All families want their kids to be happy and healthy. Keeping up with healthy habits during a pandemic can be challenging. Our routines are different. Part or all of school is at home now in front of a computer. We can't go out to the usual places. **Let's focus on what we can control.**

## Focus on feeling healthy and strong

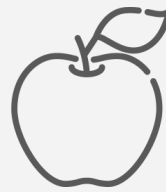


Many people, including kids, will have changes in their weight this year because our routines are different.

### **This is normal and okay!**

- Put your focus on habits that make you feel healthy and strong, not on trying to control weight.

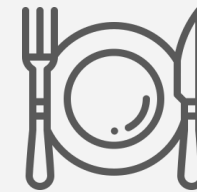
## Have unprocessed snack choices available



We tend to snack more when staying home. Keep unprocessed snacks available, such as:

- Apples, bananas, berries
- Baby carrots, tomatoes
- Yogurt, string cheese
- Unsalted nuts, raisins
- Whole grain English muffins
- Homemade popcorn
- Graham crackers
- Cinnamon raisin toast

## Get kids involved at mealtime



Did you know that kids are more likely to eat a balanced meal if they helped plan and make it?

- Let them pick something they would like to make for the family and just be their helper if they need it.

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## Let kids help with household chores



Chores help kids develop a sense of independence and contribution, which is important for their overall health too.

- Younger kids can help dust and wipe down high-touch germ areas like light switches, door knobs, and remotes.
- Older kids can help vacuum, sweep, load the dishwasher, and put away laundry.
- Don't worry if its not done perfectly. Put on some music and just have fun together!

## Balance screen time with "green time"



We can't help the fact that we need to be on the computer for classes right now. To balance out all the sitting, try:

- Go outside to walk and play each day. We need fresh air, movement and daylight to keep us feeling healthy and strong.
- Pick a place and bring something to play with. Bring a ball to the park or bring some chalk to play hopscotch on the sidewalk.
- Look for places with green trees and plants. Being around green trees and plants lowers blood pressure, helps us breathe deeper, and relieves stress.

## Find fun indoor movement activities



There are many fun indoor activities you and your kids can do indoors to keep everyone moving, such as:

- Put on some music and dance!
- Make an indoor obstacle course with pillows, the couch, and boxes.
- Have a pillow fight.
- Play a game of hide and seek.
- Hit a balloon up in the air and don't let it touch the ground.
- Make a contest, such as who can do the most jumping jacks in a minute.

# Fun Ideas and Resources

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## Outdoor Activities:

- **Explore places with green trees and plants.** Find trails in your neighborhood on [alltrails.com](https://www.alltrails.com) They are all over New York City!
- **Go for a geocache hunt.** Did you know there are many hidden treasures in NYC? [Geocaching.com](https://www.geocaching.com) lets you use the GPS on your phone to hunt for nearby hidden treasures with small clues. When you find it, there is a place to sign your name and sometimes a little prize to take too.
- **Do a photo scavenger hunt.** Let your kids take photos of what they find in nature, such as a flower, plant, tree, bird, bug, an animal, and an interesting cloud.

## Indoor Movement Activities:

- **YouTube has all kinds of fun movement activities for kids!** Try searching for This or That workouts, such as:
  - [Emoji This or That Workout](#)
  - [Pokémon Fitness](#)
  - [Super Mario Fitness Challenge](#)
  - [Minecraft Fitness Challenge](#)
  - [Would You Rather Workout](#)
- **Activities and Exercises for Younger Kids:**
  - [Debbie Doo Kids TV](#)
  - [Jack Hartmann Brain Breaks](#)
  - [Kiboomers](#)
  - [Simon Says](#)
- **Activities and Exercises for Older Kids:**
  - [Just Dance Videos](#)
  - [KidzBop](#)