



Healthy Kids Club

DECEMBER SNACK & ACTIVITY IDEAS

Snacks can be prepared beforehand or can be an activity to do with students!



BANANA PENGUINS

Dip half a banana lengthwise into yogurt mixed with cocoa powder. Use raisins for eyes and carrot pieces for beak and feet.



TOMATOES AND HOLLY

Students arrange cherry tomatoes with spinach/basil leaves to make holly sprigs on top of mozzarella circles.

CHEESE AND CRACKERS SNOWPEOPLE



Have students arrange three crackers with the spread of choice (cream cheese, hard cheese, or hummus) with raisins as the buttons and pretzel sticks as the arms, for a snow person snack!

SNOWFLAKE SNACKS



Students arrange snow peas, cucumber sticks, green pepper slices, celery, and green beans into snowflake shapes and then eat with dip of choice.



RICE CAKE FOX

Put spread of choice on a rice cake and add an orange food coloring for a triangle on the top of the rice cake. Use blueberries for the eyes and nose and mandarin orange segments for the ears to make a cute winter snack!



BROCCOLI PINE TREE CHALLENGE

Have students use broccoli florets to build the tallest freestanding 3D pine tree they can make. After students are done building serve broccoli with dip of choice.

VEGGIE BOBSLEDS



Have students create mini veggie bobsleds with carrot stick runners, cucumber slice boards, and bell pepper rails for a fast fun snack!

FIRESIDE SNACK



Create a circle with halved red grapes and put in pretzel stick "logs". Use carrot sticks, pepper slices or dried mango for flames. Students can also "roast a marshmallow" with a pretzel stick dipped quickly in water and shredded coconut added to the end.

December Activity Ideas

PENALTY BOX TAG



How to Play:

This game similarly resembles the game "freeze tag," but requires one student to be the "referee" or tagger. Those who are tagged have to go to the penalty box, which is a predetermined spot in the room. The other students have to try to free those in the penalty box, but if they get tagged while trying to do so, they have to switch places that student in the box.

Equipment required: Music and speaker.



STORM THE IGLOO

How to Play:

Students split into two teams and use empty shoe boxes or tissue boxes to build an igloo wall. The students then have to race to knock each other's walls over using "snowballs." They race until the music is over. The teams are allowed to rebuild their walls while racing.

Equipment required: Music, speaker, empty shoe boxes or tissue boxes, "snowballs" (crumpled newspaper, plush white balls, rolled white socks, etc...)

MATCHING MITTEN HUNT



How to Play:

Hide pairs of mittens all over the room and have students try to find a matching pair. The first to find a matching pair wins!

Equipment required: Pairs of mittens.



SNOWMAN BUILDING CONTEST

How to Play:

Split the group into teams of three. One student in each team will be the "snowman" and the other two will be racing the other teams to be the first to put all of the winter clothes on their "snowman". These clothes could be hats, gloves, scarves, glasses, etc...

Equipment required: Winter clothing (gloves, hats, scarves, glasses, etc...)

MUSICAL SNOWFLAKES



How to Play:

Have students make their own paper snowflakes. Tape each one to a chair to start. Play musical chairs with winter-themed music.

Equipment required: Paper, children's scissors, chairs, music, speaker



SNOW SHOVEL RELAY RACE

How to Play:

Have two teams of two verse each other at a time. Start with two buckets for each team, one large and one small. The teams must race across the room to get as much "snow" from their large bucket into their small bucket using a spoon or small shovel.

Equipment required: "Snow" (cotton balls, confetti, store-bought fake snow), plastic spoons or small shovels, 2 large buckets, and 2 small buckets.

