



# Healthy Kids Club

## APRIL SNACK & ACTIVITY IDEAS

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



### GRAPE CATEPILLARS

Have students skewer red and green grapes onto toothpicks to create fun spring caterpillars!



### HEALTHY DIRT CUP

Use vanilla Greek yogurt and mix with cocoa powder to make a healthy version of the famous dirt cup. Add banana worms to the bottom and graham cracker crumbs on top. Finish off the cup with a strawberry flower!

### FRUIT BUNNIES



Create cute, edible bunnies using fruit! Use half a fruit for the head and sliced fruit for the ears. This can be done with apples, pears, oranges, or a combination of multiple! Decorate the face with eyes, nose and whiskers using fruits such as blueberries, raspberries, raisins, shredded coconut, or shredded apple.

### EARTH DAY CAKES

To celebrate Earth Day, use rice cakes to make your own Earth! Mix Greek Yogurt with blue and green food dye and spread it on the rice cake to make land and water. Crushed granola or graham crackers can be used for sand.



If you do not want to use food dye, consider using sliced green grapes and blueberries for land and water.



### APRIL FOOL'S

Trick a friend with a funny snack for April Fool's Day! Use apple slices, sunflower nut butter, and apple or cheese cubes to make a goofy smile. Lay an apple slice on a plate, layer nut butter on top, place apple or cheese cubes as teeth and top with another apple slice.



### APRIL SHOWERS

Everyone knows that April showers bring May flowers! Celebrate the start of April with water infused with lemons, limes, cucumbers, mint, or assorted fruits!

### RAINBOW POPCORN

**Red:** Paprika, Cayenne, Chili Powder

**Orange:** Cumin, Tajin, Pumpkin Spice, Cinnamon

**Yellow:** Turmeric, Ginger, Lemon Pepper, Ground Mustard

**Green:** Oregano, Basil, Pesto

**Blue/Purple:** Lavender, Pepper, Rosemary, Sumac

Mix spices of choice with popcorn in separate bowls and have students taste and find their favorite!



# April Activity Ideas

## NAME GAME



### How to Play:

Demonstrate safe tagging and have everyone in the group introduce themselves. The students will form a circle with one person in the middle. Everyone in the circle starts the game with their palms face up in front of them. The game begins when the player in the middle calls out someone's name. That person is then "it" and has to call out another person's name before they get tagged. The person in the middle has to go around and try to high five the hands of the person whose name was called before they call out someone else's name. If the person gets tagged, that student takes the person in the middle's spot.

**Variations:** Have the students in the circle close their eyes.

**Equipment required:** No equipment required.

## FARM ANIMALS



### How to Play:

Designate clear boundaries and chose players to be different groups of animals and a few players to be the farmers. The farmers start in the middle of the area and the animals line up on one side. The objective is to try to get across the tagging area while acting like the designated animal, without getting tagged. If tagged, the player sits down in that spot and can try to tag other players. If they tag a player that is the same animal as them, they can rejoin the game and the tagged player takes their spot. If the farmers yell "barnyard!" all players run across the area. Switch taggers every game.

**Equipment required:** No equipment required.

## GROCERY STORE



### How to Play:

Assign the different colors of cones to different types of fruits or veggies, such as purple representing grapes. Have one student start as the "store manager" and the others will play the shoppers and workers. The manager will start by calling out "The floors need to be swept!" and everyone will spread out and pretend to sweep the floors. From there the manager calls out a fruit or veggie, such as "the shoppers need grapes" and the players try run to the purple cones without being tagged. If tagged, the player switches to the manager position and the manager becomes a shopper.

**Equipment required:** 3-6 sets of different colored cones to make 3-6 squares.

## AROUND THE WORLD



### How to Play:

For Earth Day, have students explore the world through their imagination! Have students stand around the room arm's length from each other. Have one student start by picking a destination they want to travel to and how they want to get there (i.e., plane, swimming, floating in a bubble). Have the students act out that mode of transportation for a few seconds. After they arrive, ask the student to imagine what they are doing/seeing in that destination and have the students act those motions out (i.e., running from lions in the safari, hopping with kangaroos in Australia). Make sure each player gets a turn to lead the journey around the world!

**Equipment required:** No equipment required.

