



Healthy Kids Club

MAY SNACK & ACTIVITY IDEAS

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



FROZEN YOGURT BARK

Spread low-fat Greek yogurt onto a tray lined with parchment paper. Spread cut fruit, granola or any desired toppings on the yogurt. Freeze for about 3 hours or until firm. This snack will require to be made ahead of time.



STRAWBERRY LADYBUGS

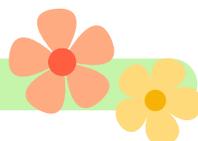
Use strawberry halves and blueberries to create little ladybugs! Decorate this snack with yogurt piping or melted dark chocolate!

VEGGIE BUTTERFLY



Build your own butterfly using vegetables! The body can be made out of celery or carrot sticks and the wings can be made out of cucumber or tomato slices.

FRUIT FLOWERS



Celebrate the flowers blooming by assembling fruit flowers! Petals can be made with sliced strawberries or peaches and the pistil of the flower can be made with kiwis, grapes, or blueberries. If you would like to add a stem, try using a celery stick!



CHARCUTERIE BOARD

Have students build their own charcuterie board. Set up a buffet of vegetables, cheese, and whole grain crackers for students to design their own plate.



CHICKY CRACKERS

Have students use whole grain round crackers layers with low-fat cheese cut into circles to create the body for their little chicks. Use sliced and shredded carrots to decorate the face, feet and feathers of the chick.



CHEESY RABBITS

Use low-fat mozzarella round slices and carrot slices to create snack rabbits. Use the mozzarella cheese as the head of the rabbit and take small pieces of cheese to sit on top to represent the feet. Next add cut carrots to form the ears, nose, and eyes.

CARROT PATCH



Create your own mini garden using a small cup of hummus with crumbled pretzels to look like soil. Finally, place carrots to look as if they are growing out of the "soil" and enjoy!

May Activity Ideas

FROG CATCHER



How to Play:

Scatter bean bags and hula hoops around the room. Have one or two students start off as the catcher and the rest are frogs. The objective is to jump around the pond, collecting bugs (bean bags) to bring back to their lily pad (hula hoop), without being tagged. The lily pads are safe spots where the players cannot be tagged, but students can only stay on their lily pad for 5 seconds before it sinks. If a frog is tagged, that student has to drop the flies he/she has collected and go to the side of the play area. To get back in the game, the player has to do a designated movement, such as 10 jumping jacks or karate kicks.

Equipment required: Hula hoops and bean bags.

KENTUCKY DERBY



How to Play:

Have students split into two teams and start in opposite corners diagonal to each other. The first person in line on each team starts by running around the play area. These players try to catch up to each other to tag the other. If a player is tagged, the game resets and the players go to the end of the line for the next two people to go. If one of the players makes it back to their team without being tagged, he/she tags the next person in line to run around. The person who is still running continues to run for another round.

Variations: Change the movement, such as galloping like a horse or jumping like a frog.

Equipment required: Large play area with four corners (can use cones).

CLEAN YOUR ROOM



How to Play:

With National Clean Your Room Day being in May, this game can be a fun activity to celebrate! Separate two sides of the room with a line or net. Split the students into two teams and evenly scatter the objects on both sides. On the start word, the teams try to get all of the objects from their side to the other side. When the stop word is signaled, the teams should count up how many objects are on their side. The team with the least number of objects wins.

Equipment required: Tossing objects (tennis balls, bean bags, volleyballs, etc...)

CHARADES RELAY



How to Play:

Divide the group into two or more teams. Make sure the teams are spread out so they cannot overhear each other. Review the rules of charades and prepare a list of items from several categories, such as dance moves, farm animals, school activities. Since this is a charades race, each team is competing to correctly guess all of the items on the list before the other team(s). The game begins when one member from each group comes up to ask for the first item. The game facilitator then whispers the item in the ears of the first team members. Those members then return to their groups to act it out. Once it is guessed, the next person from the team goes up to hear the next item on the list.

Equipment required: No equipment required. List of prepared charade items beforehand would be helpful.

