

# LiveWell Tots

## LESSON FOUR | PHYSICAL ACTIVITY & SUMMER FUN

Presented by



### Physical Activity & Summer Fun

The end of the school year is just around the corner! Your children have been working hard throughout the year to form healthy habits, so don't forget to keep the momentum going throughout the summer. It's a great time to be active outside and incorporate fun, physical activities.

During the most recent LiveWell Tots lesson, students were taught the importance of physical activity and ways they could stay healthy and active throughout the summer months. Taking physical activity breaks, such as playing sports, stretching and moving around, is good for our bodies and our brains. Children also learned the importance of hydration and why it is important for them to drink lots of water and eat foods with high water content. They then participated in a mindful tasting and many asked for seconds—even thirds! Be sure to ask your child what they thought of the lesson and have them show you the games they played.

Thank you for a wonderful year in the LiveWell Tots program. We hope you and your child continue to practice healthy behaviors during the summer. We look forward to seeing you in the fall!

### Helpful Tips for a Fun and Active Summer

- Play Hide and Seek, Freeze Tag or have a dance party with your family and friends!
- Get the family off the couch and schedule family walks, hikes, bike rides or sport competitions.
- Join us for our Summer Free Fitness Series, including yoga and Zumba for the entire family! [bchd.org/freefitness](http://bchd.org/freefitness)
- Visit your local farmers market so your child can sample new fruits and vegetables. Eating seasonally is a great way to make sure the foods you introduce are the freshest and the tastiest!
- Do yardwork/gardening as a family and try growing summer fruits and vegetables.
- Let your child create a game that requires them to move around and be active.
- Try a summer camp at AdventurePlex, which offers camps with exciting recreational activities and fun field trips to keep your kids active and engaged. [adventureplex.org](http://adventureplex.org)

### Family Reading Recommendations

A great way to be in the moment with your child is to read together. Look for children's books that effectively promote an appreciation for food and good health. The following books support the messages from this month's LiveWell Tots lesson:

- *I am Water* by Jean Marzollo
- *Potter the Otter: A Tale About Water* by Shalini Singh
- *From Head to Toe* by Eric Carle
- *Dance with Me* by Charles R. Smith Jr.
- *The Busy Body Book: A Kid's Guide to Fitness* by Lizzy Rockwell

### Honeydew Cucumber Lime Mint Popsicles



#### Ingredients

Yields 6-8 popsicles

- 1 medium to large honeydew melon, seeded
- 1 large cucumber, chopped
- 1 lime, juiced
- 1 handful of mint leaves

#### Directions

- Cut melon in half, remove the seeds and then scoop out the flesh and place in a blender.
- Add chopped cucumber, lime juice and mint.
- Blend until smooth. Add syrup and remaining melon, lime juice, mint and purée until smooth.
- Pour mixture into molds.
- Freeze until solid.

