

Resources List by Be Active Kids

BE ACTIVE KIDS®

Be Active Kids One-Pagers

Be Active Kids DIY Activities

30 Cool Things to do on a Hill

1. Lay out a towel or blanket on a hill.
2. Roll a ball up the hill.
3. Climb on a cardboard box.
4. Roll a ball up the hill.
5. Roll a ball down the hill.
6. Roll a ball up the hill.
7. Roll a ball down the hill.
8. Roll a ball up the hill.
9. Roll a ball down the hill.
10. Roll a ball up the hill.
11. Roll a ball down the hill.
12. Roll a ball up the hill.
13. Roll a ball down the hill.
14. Roll a ball up the hill.
15. Roll a ball down the hill.
16. Roll a ball up the hill.
17. Roll a ball down the hill.
18. Roll a ball up the hill.
19. Roll a ball down the hill.
20. Roll a ball up the hill.
21. Roll a ball down the hill.
22. Roll a ball up the hill.
23. Roll a ball down the hill.
24. Roll a ball up the hill.
25. Roll a ball down the hill.
26. Roll a ball up the hill.
27. Roll a ball down the hill.
28. Roll a ball up the hill.
29. Roll a ball down the hill.
30. Roll a ball up the hill.

50 Things To Do with a Beach Ball

1. Throw it to a friend.
2. Kick it.
3. Bounce it.
4. Roll it.
5. Catch it.
6. Throw it to a friend.
7. Kick it.
8. Bounce it.
9. Roll it.
10. Catch it.
11. Throw it to a friend.
12. Kick it.
13. Bounce it.
14. Roll it.
15. Catch it.
16. Throw it to a friend.
17. Kick it.
18. Bounce it.
19. Roll it.
20. Catch it.
21. Throw it to a friend.
22. Kick it.
23. Bounce it.
24. Roll it.
25. Catch it.
26. Throw it to a friend.
27. Kick it.
28. Bounce it.
29. Roll it.
30. Catch it.
31. Throw it to a friend.
32. Kick it.
33. Bounce it.
34. Roll it.
35. Catch it.
36. Throw it to a friend.
37. Kick it.
38. Bounce it.
39. Roll it.
40. Catch it.
41. Throw it to a friend.
42. Kick it.
43. Bounce it.
44. Roll it.
45. Catch it.
46. Throw it to a friend.
47. Kick it.
48. Bounce it.
49. Roll it.
50. Catch it.

25 Activities with Bean Bags

1. Throw it to a friend.
2. Kick it.
3. Bounce it.
4. Roll it.
5. Catch it.
6. Throw it to a friend.
7. Kick it.
8. Bounce it.
9. Roll it.
10. Catch it.
11. Throw it to a friend.
12. Kick it.
13. Bounce it.
14. Roll it.
15. Catch it.
16. Throw it to a friend.
17. Kick it.
18. Bounce it.
19. Roll it.
20. Catch it.
21. Throw it to a friend.
22. Kick it.
23. Bounce it.
24. Roll it.
25. Catch it.

Making your own Hula Hoops

Materials: Plastic hula hoop, cardboard, string, glue, scissors, marker, paint.

Directions: Cut a piece of cardboard to fit around the hula hoop. Glue the cardboard to the hoop. Decorate with markers and paint.

Be Active Kids Family Engagement Cards

Glide's Guide to active!

Body Letters & Numbers

Materials: Flashlights (optional).

Age(s): Toddlers and older.

Directions: Have children form letters and numbers using their bodies. They can start from any position (sitting or on their knees), which then they will bend and stretch to form their letters and numbers.

Modification: Have two or more children work together to create letters. Darken the room and use a large flashlight behind the children so they can observe their shadows on the wall making letters and numbers on the wall.

SHELTER in place!

Materials: (INGREDIENTS) Blankets, sheets, pillows, clamps/clips, decorations, flashlights, string, duct tape, string, clothespins, string, decorations, flashlights.

Age: Whole family.

Directions: Talk to your children about what shelter in place is and why we do it. Collect a variety of the materials above and use them to make a shelter or fort in places like under your kitchen table or in the living room using the covers. Stack items up for a foundation or use furniture. Then attach your sheets/blankets to create a ceiling. Use clothespins to provide comfort on the ground and have the children decorate their new special, calling place.

Modifications: Take it outside and use your imagination to create elaborate forts, kingdoms, castles, and more. Use a flashlight when it gets dark for more fun.

Dart's Dish in healthy eating!

Tuna Sail Boats

Ingredients: 1/2 cup onion, can tuna (packed in water), 1 tbsp. sweet pickle relish, stalk celery (finely chopped), 1/2 cup light mayonnaise, 4 whole-grain rolls, 4 triangle-shaped tortilla chips.

Directions: Drain tuna and mix together tuna, relish, celery, and mayonnaise. Scoop out the center of each roll. Fill with 1/4 tuna mixture. Top with tortilla chip to form a "sail". Makes eight servings. Serving size is 1/2 boat.

Good source of protein

Coronavirus SMASH

Materials: Balloon/beach ball, stick, decorative materials, string.

Age: Preschool.

Directions: Decorate a balloon/beach ball to look like the coronavirus cell. Use string to suspend your coronavirus cell from a high place. Use your "cure wand" (stick) to strike the "coronavirus cell" (balloon/beach ball).

Coronavirus SMASH!

Possible Modifications: Use the balloon with different colors. Use the "cure wand" (stick) to strike the "coronavirus cell" (balloon/beach ball). Hang multiple balloons or objects. Photos: feel free to modify, make more appropriate, etc.

Be Active Kids Books

Let's Move with Blue and Friends!

A Trip to the Farm with Blue and Friends!

A Trip to the Farm: What Grows Here?

Outdoor Play Every Day!

Be Active Kids Pocket Play Cards

POCKET PLAY CARDS

PLAY MOBILE

CLAY PLAY

Fort Building

POCKET PLAY CARDS

CLAY PLAY

Fort Building

POCKET PLAY CARDS

Fort Building

Be Active Kids Worksheets

BE ACTIVE KIDS Covid 19

TSVELKXZYHGUOC
EPULZORHFNKZWAQ
ATSEZEMSRFC
TOSTILTRBZKRVZ
NSAMVIRKRFVDA
KBEKICRZSX
VHOLAYNOASFDH
NWHYFCQTSRDE
RFXKXCKMSSIVKCT
PFBPDDPTIRMYFP
RSCREMLDDT
NVRRLMGGIRGTO
RSEARIRAKDLK
LSAFERBANWISA
QJCTZYDLLXJVEZ

CARE COUGH COVID HEALTHY HOME ILL WATER

IMMUNE PREVENT RARE SATE SANITIZE SICK

SHOES SOAP SPREAD SYSTEM TEST VIRUS

ACTIVE ERRORS CLEAN HAPPY GIGGLE HOOD

MUSIC BATTERS BEARER CUTE GIGGLE BEAK

HEAT SHELLS DRILL VERMILION YOGA

BE ACTIVE KIDS Don't Stress Out

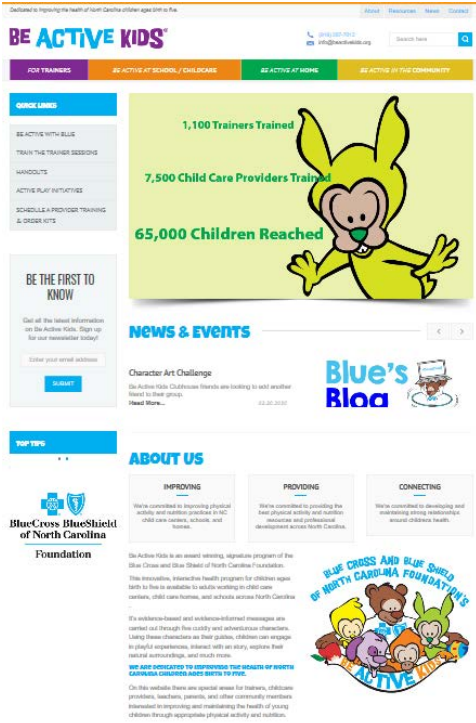
RDKFPNUJHDIIPVV
HWGWRZADPVLQCR
VWFVWNPZUIUT
HTAKRBDPUANIFED
GQFWBAMRSTSM
DVJOMHUCZDSVYX
JMLCAHCVSKANRBS
HDSMRUHAZVY
VLSUALIZBLLCSEL
SCLCSBMLTSPF
WTBAMXMGKHTVBT
RPEIPAPRPUWWS
JELLOASHSEWZ
NLSZLGVYRHLKJFC
SEDTHTUYFRMUSIC



Blue Cross and Blue Shield of North Carolina (BCBSNC) and Blue Cross and Blue Shield of North Carolina Foundation are independent licensees of the Blue Cross and Blue Shield Association (BCBSA). ® Registered Marks of the BCBSA. Be Active Kids is a registered mark of Blue Cross and Blue Shield of North Carolina.

Resources List by Be Active Kids

BE ACTIVE KIDS®



Be Active Kids Website
www.beactivekids.org

Health Strides for Child Care Providers Physical Activity Section

GO for 21

(1) Before you begin 21 Single Strides, record your steps or activity time daily for 3 days (P1, P2, & P3).
 (2) If using a pedometer, use Formula A on the next page. And your daily average. If you are not using a pedometer but using activity time, use Formula B.
 (3) Set a daily goal or one over your goal below. Gradually increase your steps or activity time everyday to reach your 21-day goal by the 21st day.

Day	Date	Number of Steps	Activity Time	Activity
example	8/22/2008	1600	15 min	Walking at work
P1				
P2				
P3				
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				

GO for 21 FORMULAS

Formula A: Determining the number of STEPS you need to increase each day to meet your goal.

Finding daily average steps: $\frac{\text{Total Steps in 3 days}}{\text{Number of days}} = \frac{\quad}{\quad} = \quad$ Daily Avg. Average

Finding number of steps you will need to increase: $\text{Actual} - \text{Daily Average} = \quad - \quad = \quad$ Number of steps you need to add per day

Example A:
 Finding daily average steps: $\frac{5359}{3} = 1786$
 Finding number of steps you will need to increase: $10000 - 1786 = 8214$ (Number of steps to increase by)

Suggestion for Step Number End Goal:
 10,000 steps - helps prevent chronic disease
 8,000 steps - improves fitness levels
 10,000 steps - weight loss

Formula B: Determining the number of MINUTES you need to increase each day to meet your goal.

Finding daily average minutes: $\frac{\text{Total Minutes in 3 days}}{\text{Number of days}} = \frac{\quad}{\quad} = \quad$ Daily Average (Round Activity Time)

Finding number of minutes you will need to increase by the 21st Day: $\text{Budget} - \text{Daily Average} = \quad - \quad = \quad$ Number of minutes to increase by each day

Example B:
 Finding daily average minutes: $\frac{70}{3} = 23$
 Finding number of minutes you will need to increase by the 21st Day: $60 - 23 = 37$ (Number of minutes to increase by each day)

Suggestion for Physical Activity Time End Goal:
 30 minutes - helps prevent chronic disease
 60 minutes - improves fitness levels
 90 minutes - weight loss

**Increasing your total amount of physical activity time each day should be your primary goal.*

Dedicated to improving the health and well-being of North Carolinians

Be Active with Blue Campaign

Go for 21 Challenge

21 day personal physical activity challenge to create healthy habits



Join the Be Active Kids Network



Blue Cross and Blue Shield of North Carolina (BCBSNC) and Blue Cross and Blue Shield of North Carolina Foundation are independent licensees of the Blue Cross and Blue Shield Association (BCBSA).® Registered Marks of the BCBSA. Be Active Kids is a registered mark of Blue Cross and Blue Shield of North Carolina.