

Wellness Activities for Children

Staying Healthy While Having Fun

Having children can be the greatest adventure of a lifetime. To make the most of every moment, we put together some fun activities that can help you and your family stay happy and healthy!



Activities for Kids

- Make a healthy snack together! <https://myllu.llu.edu/livingwhole/recipes/>
- Listen to an educational or story podcast! <https://needhamlibrary.org/kids-teens/just-for-kids/podcasts-and-websites-for-kids/>
- Play a board game or make your own! <https://www.itsybityfun.com/blog/fun-and-free-printable-boardgames/>
- Make your own Playdoh! <https://www.youtube.com/watch?v=oAIAm6BF0fs>
- Have fun with sidewalk chalk activities! <https://happyhooligans.ca/sidewalk-chalk-activities/>
- Send your artwork to Color a Smile to brighten someone's day. <https://colorasmile.org/volunteer/>
- Write a letter to an elder to make them smile. <https://lovefortheelderly.org/letters>
- Host a friends and/or family talent show or cook-off!
- Build an epic blanket fort and camp-in!
- Paint kindness rocks! <https://www.youtube.com/watch?v=ryf4xXRucdU>
- Conduct a kitchen science experiment! https://www.kiwico.com/diy/lists/kitchen-science-experiments-for-kids-ages-3-to-8?srsId=AfmBOooWn4lv-RAu8oHe6eVanJVfjmiMHpp37oF_pksVWf_LVsrUrfFG
- Make a scavenger hunt!
- Do some learning with these educational printable activities!
<https://www.education.com/worksheets/offline-games/>
- Get outside for some musical chairs, Charades, Simon Says or Duck, Duck, Goose!
- Have a dance Party with free kid's music from TuneIn.com! <https://tunein.com/radio/Fun-Kids-s67862/>

MANY STRENGTHS. ONE MISSION.

A Seventh-day Adventist Organization



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