

SESSION 2 AT HOME ACTIVITIES

Activity Catwalk

Create a fashion show of sports/activities and have your family or friends do their favorite action/activity down a mock runway

- Clear some space for a runway
- Option 1: Put different fun or funny actions/activities in a bag and have everyone pick one They have to do that down the runway
- Option 2: Let everyone picture their favorite action/activity and do it down the runway
- Put on some good music and enjoy

Commercial Crunch

Have your family do fun things during TV or computer time

- First, discuss ways to take sedentary favorites (such as sitting in front of a screen) and make them healthy, FUN, and fit
- Ideas: do crunches during commercials, run in place during suspenseful moments in your favorite TV show, do jumping jacks every time a character says or does his/her signature action (i.e. Homer saying "D'oh!")

Grab Bag

- Get your friends or family together
- Have each person pull an activity out of a hat
- Two people have to combine their activities to make a new one that everyone plays

