

## Activities and Books to Help Kids Learn How to Be Healthy

### Things to Do

- **Healthy Eating Art Project**  
**What You Need:**  
newspapers, magazines, or flyers, scissors, glue stick, a paper plate  
**What to Do:**  
Go through old newspapers or magazines and find pictures of healthy foods. Cut out the examples and glue them to a paper plate to make a healthy meal. You can make healthy, fun examples of breakfast, lunch and dinner.
- **Hygiene Chart**  
**What You Need:**  
Paper, pen or pencil, stickers or felt markers.  
**What to Do:**  
Make a chart of good hygiene habits such as brushing your teeth, or washing your hands. Every time your kids do one of these things put a star or a sticker beside his or her name and the good hygiene habit they've just done.
- **Listen to Interactive Music**  
**What You Need:**  
Record player, tape player or CD player  
Interactive record, tape or CD (visit the library if you don't own any) focused on exercise or dance.  
**What to Do:**  
Listen and exercise along with the music and get in shape!
- **Play Simon Says**  
**What You Need:**  
At least two people  
**What to Do:**  
One person is "Simon" and the others listen to "Simon." If "Simon" gives an instruction that starts with "Simon says" then everyone can do what he/she says (Ex. Simon says jump up and down). If the instruction doesn't start with "Simon says" then you don't have to do it.

### Places to go

- **Area Parks**  
What: Go to the park and walk, run or throw a Frisbee. Get outside and play!  
When: anyday Where: To find a park near you check out [www.co.st-louis.mo.us/parks/](http://www.co.st-louis.mo.us/parks/)  
Cost: free!  
Contact: county staff (314) 615-5000
- **Magic House Eat Right Dinner**  
What: Right next door to the Museum's fitness Center is the Eat Right for Dinner exhibit--a restaurant-like setting that serves up computer games on healthy eating. A visit to the Eat Right Diner is included in every Classic Tour, as well as in the Fitness First! field trip program.  
When: closed Mondays  
Where: The Magic House, St. Louis Children's Museum  
516 S. Kirkwood Rd,  
St. Louis, Mo. 63122  
Cost: Regular Admission (ages 1 and above) \$7.00  
Members FREE (ask for details)  
Groups (15 or more) \$4.50 Contact: Magic house staff (314) 822-8900

## Books

- ***My Amazing Body: A First Look at Health and Fitness*** by Pat Thomas  
Many aspects of health and fitness are explained in a way that young children can readily understand. This lively picture book explores good diet, exercise and encourages kids to make positive decisions about caring for themselves.
- ***Bill Nye the Science Guy's Great Big Book of Germs*** by Bill Nye  
Host of the Daytime Emmy Award-winning series shows young readers that not all germs are bad, and presents 11 cool experiments that kids can perform to learn how to remain healthy.
- ***Elmo Say Achoo*** by Sarah Albee  
Elmo's repeated sneezes create havoc on Sesame Street in this Early Step into Reading book.
- ***Germs Make Me Sick*** by Melvin Berger  
This book clearly and humorously describes how your body fights back when germs make an invasion
- ***Where Does My Spaghetti Go When I Eat?*** by Neil Morris  
A non-fiction book about kids' health, anatomy and medicine.