



HCSF Newsletter

July 2009 | Happy 4th of July! Take advantage of the warm weather and be active with your family! Take a stroll, play games outside, or do some fun craft activities together like Can-do Stilts (page 2).

Frosty Fireworks

Ingredients:

- * Red or blue colored beverage
- * Seltzer or other carbonated water



To Make:

- * Fill an ice cube tray with a red or blue flavored beverage (such as sugar free Kool-Aid) and let the cubes freeze solid
- * Drop 3 or 4 colored cubes into each glass
- * Pour in seltzer water and watch the special effects! As the cubes melt, colored bubbles will swirl through the seltzer.

Melon Slush

Ingredients:

- * 5-6 ice cubes, slightly crushed
- * 4 cups cubed ripe cantaloupe or watermelon
- * ¼ cup OJ (or just a splash if using watermelon)



This is a great way to use up melon left over from your family BBQs!

To Make: Place crushed ice in the blender. Add the melon and OJ. Blend until slushy smooth, about 10 seconds.
Makes 4 servings.

Fun Games for **Day** or **Night**



Kick The Can

What You Need: Can or Bucket

How to Play:

1. The designated kicker kicks the can, covers his or her eyes and counts to 100 or sings a favorite song, like the ABC song. Other players hide.
2. At the end of the count or song, the kicker puts the can or bucket upright, then says **“Ready or Not, Here I Come!”**
3. When the kicker finds someone, he or she says the hider’s name, races the hider back to the can, and tries to be the first to **kick the can**. If the kicker fails and the hider kicks it, the game starts again. If the kicker succeeds then that child must stand near the can while the kicker seeks other children.
4. While this is happening, other hidiers can risk their own capture to free a fellow hider by running up to the can and kicking it-before being spotted by the kicker. The captured players then go and hide again.



Firefly Flashlight Game



What you need: Flashlight, 3 or more players

How to Play:

1. Once it's dark, give a chosen player (the firefly) a flashlight and have her head away from the group with the light off, silently counting to 60 or singing through the ABC song as she goes.
2. When the firefly reaches 60 or finishes the song, she must flash the light once.
3. The rest of the players then count to 60 or sing the ABC song before setting out in pursuit of the firefly, who tries to avoid capture by hiding and changing directions.
4. **But here's the catch:** she must continuously count to 60 or sing, flashing the light each time she reaches the end of her count or song.
5. The first person to tag the firefly takes her place for the next round.



Mythbusters

Myth: Children need 'exercise'

Truth: Children need to be **physically active** for 60 minutes most days of the week.

C'mon, admit it....when most of us think of exercise we think about an hour on the treadmill or 30 minutes of lifting weights. And while that's fine for adults these kinds of activities aren't such a good fit (get it?? FIT ☺) for kids. Children actually do better when they do short bursts of vigorous activities followed by periods of low level activities or rest.

Well, what do we mean by that?

Think Tag! Children get to run fast for very short periods, then rest and go again.

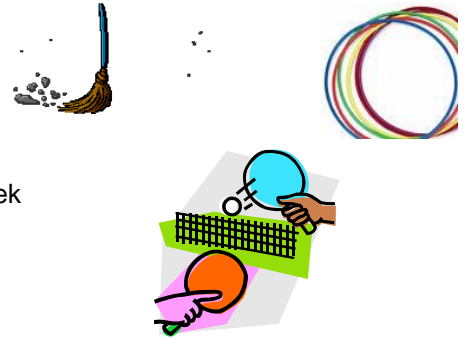
Looking for other great outdoor activities to get kids moving? How 'bout these!

Bike riding
Catch
Fishing
Freeze tag
Frisbee
Hopscotch
Jump Rope
Kickball
Kite flying
Running
Swimming
Trampoline



Stuck inside on a rainy day? These will get everyone moving:

Bean bag toss
Dancing
Dusting
Hula hoop
Making beds
Picking up toys
Ping pong
Playing hide and seek
Sweeping
Twister
Vacuuming
Washing dishes



Make it fun! Plan active family events so that parents and kids can get moving together and have fun!

Give lots of praise!

When physical activity is enjoyable, kids are more likely to become active and stay active throughout their lives.

Active kids are **happy** kids! Being active gives kids a chance to socialize, will help them **feel good** and kids who are physically active every day will sleep better too!

Can-do Stilts

Materials Needed:

- * Puncture style can opener (**Adults only, please!**)
- * 2 cans (large size cans work best)
- * Clothesline, cut into two five-foot long sections
- * Skewer, chopstick or knitting needle
- * Decorating materials: paint, brushes, markers



How To:

- * Puncture a can (tomato sauce or coffee cans work great!) in opposite spots on both sides of each can.
- * Paint both cans white. When they're dry, use paint or markers to decorate.
- * For the handles, tape one end of a length of clothesline to a skewer. Push it through one hole and out the other.
- * Have your child stand on the can, holding the line's ends.
- * Knot the line at hip level and trim, repeat for the other stilt.

