



Stay healthy at home toolkit for children and families

Online games

Blast Off Game fns.usda.gov/tn/blast-game

Children learn about healthy nutrition and physical activity as they fuel their rockets to reach Planet Power.

MyPlate Match Game healthyeating.org/Healthy-Kids/Kids-Games-Activities/My-Plate-Match-Game

Children learn about the five food groups, recommended portions, and identify foods that belong to each group.

My Very Own Pizza healthyeating.org/Healthy-Kids/Kids-Games-Activities/My-Very-Own-Pizza

Children create a virtual pizza while learning about the history of pizza and its nutrients.

Track and Field Fuel-Up Challenge fns.usda.gov/tn/track-and-field

Children participate in a virtual track and field game where they answer timed questions as they attempt to win a gold medal.

Smartphone apps



Breathe, Think, Do with Sesame This interactive app promotes calm and problem solving for children and parents. Free for iPhone and Android.



Calm This sleep, meditation, and relaxation app offers free guided sessions, a breathe activity, and sleep stories. Free for iPhone and Android.



NFL Play 60 This American Heart Association app features NFL players and offers a variety of games that promote 60 minutes of physical activity each day. Free for iPhone and Android.



Stop, Breathe & Think Start by checking in and answering a few questions about how you're feeling. Based on your responses, receive a customized recommendations designed to promote personal wellbeing. Free for iPhone and Android.



Stop Breathe & Think Kids Designed for kids 5-10 and offers fifteen free mindful activities for every situation. Free for iPhone and Android.



Academy of Nutrition and Dietetics
Academy of Nutrition and Dietetics Foundation



Community Hospital
of the Monterey Peninsula
Montage Health

Articles for parents

How to Keep Your Immune System Healthy

eatright.org/health/wellness/preventing-illness/how-to-keep-your-immune-system-healthy

Make Fitness Fun for the Whole Family

eatright.org/fitness/exercise/family-activities/make-fitness-fun-for-the-whole-family

Make the Most of Your Time at Home

eatright.org/health/wellness/preventing-illness/make-the-most-of-your-time-at-home

Tips for Ordering Takeout or Delivery

eatright.org/food/nutrition/eating-as-a-family/tips-for-ordering-takeout-or-delivery

Additional resources

50 Ideas for a Healthy & Active Family

actionforhealthykids.org/wp-content/uploads/2019/05/Recess_at_Home_Ideas-1.pdf

Be a Fit Kid Chart — 10 tips for being active every day

English — choosemyplate-prod.azureedge.net/sites/default/files/audiences/Tipsheet2_BeAFitKid.pdf

Spanish — choosemyplate.gov/sites/default/files/audiences/Sp_KidsTipsheet_2.pdf

MyPlate Snack Tips for Kids

English — choosemyplate-prod.azureedge.net/sites/default/files/audiences/Tipsheet1_MakingGreatTastingSnacks.pdf

Spanish — choosemyplate-prod.azureedge.net/sites/default/files/audiences/Sp_KidsTipsheet_1.pdf

Physical Activity Tracker — Make physical activity fun and encourage kids to track their physical activity minutes.

English — nourishinteractive.com/system/assets/free-printables/241/kids-write-in-activity-tracking-sheet.pdf

Spanish — nourishinteractive.com/system/assets/free-printables/241/es-spanish-kids-write-in-activity-tracking-sheet.pdf

The Go, Slow, and Whoa! — Learn about “GO, SLOW, and WHOA” foods when making food choices.

nhlbi.nih.gov/health/educational/wecan/downloads/urwhateat.pdf

The Two Bite Club and Discover MyPlate Mini eBooks

Children learn about the MyPlate food groups through interactive education.

fns.usda.gov/tn/team-nutrition-myplate-ebooks

Word Search

choosemyplate-prod.azureedge.net/sites/default/files/audiences/HaveFunWordSearch.pdf

Answer key — choosemyplate.gov/sites/default/files/audiences/HaveFunWordSearch_Key.pdf