



# HOST A HEALTHY Winter Holiday Celebration

Holiday celebrations and family events are great opportunities to promote a healthy lifestyle, provide consistent messages, and create excitement around nutritious choices and physical activity at school. The winter holidays are a popular time of year to host classroom parties. Seize this opportunity to share healthy foods and inspire students with ways to stay active during the holiday season.

**GAME ON** ACTION FOR HEALTHY KIDS

**TIP SHEET**



## Eat Better During Holiday Parties

Whenever possible, focus on fun rather than food. However, if you plan to incorporate food into your winter holiday celebration, consider trying one of these delicious snack ideas:

### CANDY CANE SKEWER

Alternate cherry tomatoes and low-fat mozzarella cheese cubes on a skewer to make a candy cane-themed treat—without all the sugar!

### SNOWFLAKE SANDWICHES

Make simple sandwiches using whole-grain bread, low-fat cheese and lunchmeat. Then use a snowflake-shaped cookie cutter to make fun and unique sandwich shapes.

### SNOWMEN PARTY CUPS

Decorate the outside of a clear plastic cup to look like a snowman. Fill the cup with popcorn and enjoy! Tip: Spice it up with salt-free seasonings such as lemon pepper, pumpkin spice or chili powder.

### APPLESAUCE RUDOLPH

Add googly eyes, pipe cleaner antlers, and a nose to an upside down applesauce container for a festive spin on a favorite treat.

## Celebrate with Healthy Food at Home

### VEGETABLE HOLIDAY TREE

Cut an apple in half and lay it on a plate (skin side up). This is the base of your tree. Stick a skewer in the center of the apple. Cut thin slices of cucumber and slide them onto the skewer in an off-center, circular fashion. Keep adding slices until you fill the skewer. For added flair, use pieces of red and yellow peppers for ornaments!

### CHEESE STICK SNOWMEN

Decorate the packaging of a cheese stick with the features of a snowman, including eyes, a mouth, nose, and buttons. Finish it off with a construction paper top hat and ribbon as a scarf.

### EGG SNOWMEN

Stack two hard-boiled eggs on top of each other—you can use a toothpick to hold them together. Use carrots to make a top hat and nose, and peppercorns for the eyes.



Every kid healthy, active and ready to learn

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## Move More at School During Holiday Parties

### In the Classroom

#### SNOWBALL FIGHT

- Choose a topic that you're learning about in class (e.g. vocabulary words, math facts).
- Give each student a piece of paper and let them write a question on it related to the topic, then crumple it up like a snowball.
- When ready, let the students throw the snowballs around the room.
- Each student should pick up a snow ball that landed by them and answer the question. Have a partner check their work for accuracy. Repeat several times.

#### WINTER YOGA POSES

Take a brain break with some of our favorite holiday yoga poses:

- **Tree Pose** – Stand on one foot, place your other foot on your inner thigh, just above the knee. Inhale as you bring your arms over your head and place your palms together. Exhale as you hold the pose for several seconds.
- **Skier** – Bend your knees and place your arms behind you as if you are holding ski poles. Hold this pose for several seconds while breathing steadily. Have students pretend they are skiing for added movement.

### Additional Resources

You can find lots of ideas for fun, healthy activities online. We adapted some of our tips from a variety of resources. Visit [ActionforHealthyKids.org/References](http://ActionforHealthyKids.org/References) for more information.

**Action for Healthy Kids®** is a nationwide grassroots network mobilizing school professionals, families and communities to take actions that improve school foods, nutrition education, physical activity and physical education for all students. Through funding opportunities, expert technical assistance, and our flagship program, Game On, Action for Healthy Kids supports schools in becoming healthier places where children thrive.

### In the Gym or Playground

#### MUSICAL SNOWFLAKES

- On large paper snowflakes, write a different exercise on each snowflake.
- Lay the snowflakes around the gym in a circle and have each student start on a snowflake.
- Turn on holiday music and have students walk, hop, skip, run, etc. around the circle.
- Stop the music when ready. Students must complete the exercise written on their snowflake.

#### SIMON SAYS – HOLIDAY STYLE

Played like traditional Simon Says but with holiday poses. Start with our favorite poses and get creative!

- **Snow Angel** – Make a snow angel on the floor.
- **Last Minute Shopping** – Jog in place and make the motion of pulling items off the shelf.
- **Snowmen** – In a group of three, have one person sit on the floor, one kneel behind them and another standing behind the other two people.
- **Blinking Lights** – Jumping Jacks

### Move More at Home

#### THE TWELVE DAYS OF FITNESS

Stay active during the holiday break with a *Twelve Days of Fitness* routine, where you introduce a new exercise each day of the break. By the time vacation ends, you'll be doing a workout with 12 fun exercises! See more details in Game On: <http://bit.ly/2uze7kl>

#### SKATE ON A FROZEN POND

Put two plastic bags or wax paper on your feet and then glide around the room as if you were skating on a frozen pond. Put on holiday music and pretend you're at the ice rink!