Is winter giving your kids cabin fever? Below are some indoor activities if they can’t make it outdoors.

**PHYSICAL ACTIVITY FOR KIDS: INDOORS!**

**Benefits**
- Better mood
- Sleep well at night
- Stronger muscles and bones
- Healthy weight
- FUN!

**Recommendations**
- Ages 6-17 years old: 60 minutes of moderate or vigorous physical activity each day
  - Include muscle and bone-strengthening activities like climbing and jumping at least 3 days a week
- Ages 2-5 years old: play actively several times each day

**Examples**
- Scavenger hunts
- Keep balloon off the ground
- Sports/action charades
- Obstacle course
- Assign action for each number in a deck of cards (ex: 8 means 10 jumping jacks)
- Get them moving during screen time (60 minute show=15 minutes of commercial breaks)

E-mail: msd263@cornell.edu to receive the monthly newsletter!
Recipe of the Month

No-Bake Granola Bars
Serves 6

Ingredients

- 1/2 cup nut butter or seed butter (almond butter used for nutrient analysis)
- 2 teaspoons honey
- 1 teaspoon cinnamon
- 1 cup oats
- 1 tablespoon sunflower seeds

Directions

1. Measure out all the ingredients.
2. In a bowl mix together nut butter or seed butter, honey, cinnamon, and oats.
3. Press mixture into an 8 x 8 baking dish
4. If desired, add toppings such as nuts, seeds, or dried fruit!
5. Refrigerate for easy slicing. Cut into 6 pieces for serving.