

## Helpful Hint #1

Make safety your number #1 priority. Children should wear running shoes and the floor space should be clean and free from any potential obstacles or equipment (i.e. bookshelves, desks, computer, etc.).

## Helpful Hint #2

Since many of the games use pictures of foods, choose the activity 'Food Cards' located in the 'Indoor Activities' section of the Toolkit and consider doing this activity first so you will have the cards prepared for future games.

## Helpful Hint #3

Most games are ideal for children JK to grade 6. Look for the 'Modifiers' at the bottom of the card for additional ideas and feel free to adapt activities to meet your groups' needs.

## Helpful Hint #4

The 'Resources' section of the box contains nutrition questions and physical activity and movement ideas as well as suggestions for adapting activities for children with unique abilities. Choose questions and physical activity movements that best suit the age and abilities of your group and your play space.

**And the most  
important Hint...  
*Have fun!***

**Healthy Bodies Happy Kids Coordinating  
Committee – Healthy Eating Active Living  
Workgroup 2010**

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