

## Youppi! & Cosmo's tips on fun activities to do at home!

### Get crafty!

Make your own mini hockey rink & sticks, create some colorful nesting dolls or a daring dragon!



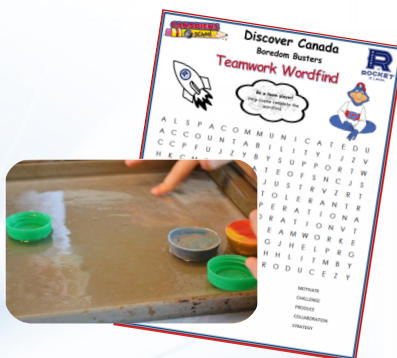
### Tasty Treats!

Cook up some fun in the kitchen with these frozen yogurt pops and fruit tacos.



### Fun & Games!

Play a memory game, do a science experiment or solve a Wordfind.



### Take a quiz

Learn about the human body with Brendan Gallagher then take a quiz to earn a certificate!



You can find all these activities and much more at [www.canadiensatschool.com](http://www.canadiensatschool.com)

Click on "Parents" to check out all the fun!



## Get active with Youppi! and Cosmo



MONTREAL CANADIENS  
CHILDREN'S FOUNDATION



# Nutrition and healthy eating

You may have a favorite food, but the best choice is to eat a variety. If you eat different foods, you're more likely to get the nutrients your body needs. Taste new foods and old ones you haven't tried for a while. Some foods, such as green veggies, may taste better the older you get. Shoot for at least five servings of fruits and vegetables a day – two fruits and three vegetables.



## Healthy Snacking Logic Puzzle



Five family members are eating their snacks together after a walk. Each person is eating something different. What snack did each person eat?

- Benoit ate a snack that starts with the same letter as his name.
- Julie and Charles do not like berries.
- Melanie did not eat the banana.
- Charles, Lise and Melanie do not like carrots.
- The person that ate the crackers has an N in their name.
- Charles did not eat the chickpeas.



	Carrots	Berries	Crackers	Chickpeas	Banana
Melanie					
Charles					
Julie					
Benoit					
Lise					

Melanie ate the crackers. Charles ate the banana. Julie ate the carrots. Benoit ate the berries. Lise ate the chickpeas.

## Make your own yogurt pops

What you will need:

- 6 Paper cups (or muffin liners or empty yogurt cups–washed of course!)
- 6 Popsicle sticks

Ingredients:

Fresh Fruit

- Strawberries
- Banana
- Blueberries
- Kiwi
- Raspberries

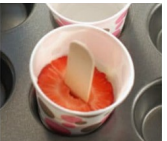
Yogurt

- Any flavor will work!
- Get really creative, using lots of different fruits and yogurt to create your own combination of goodness.



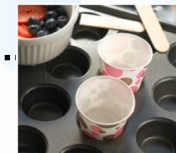
Directions:

- 1 Put a spoonful of yogurt into the bottom of each paper cup. Then add a few pieces of cut up fruit. Then add in a few more spoonfuls of yogurt.
- 2 Place a slice of fruit (with a slit down the middle) on top and slide your popsicle stick into the slit. Add a few more spoonfuls of yogurt.
- 3 Place the cups into the freezer overnight. Once they are frozen, peel off the cup & enjoy!



**Freezer tip**

You can pop your paper cups, muffin liners or yogurt cups into an aluminum muffin tray to hold them upright in the freezer.



## Hydration is important

Without water, your body would stop working properly. Why? Your body has lots of important jobs and it needs water to do many of them.

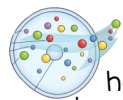
Did you know that  
**water...**



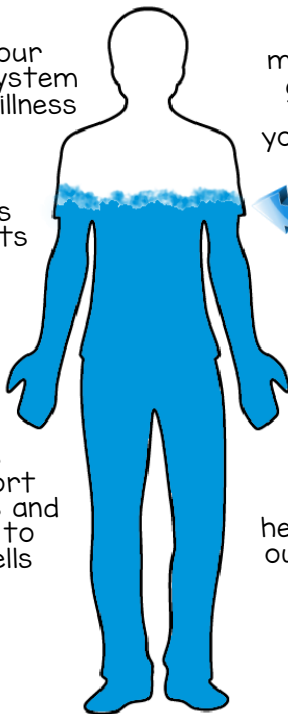
helps your immune system fight off illness



cushions your joints and organs



helps transport nutrients and oxygen to your cells



makes up almost 70% of your body!

helps keep your body temperature normal



helps flush out toxins

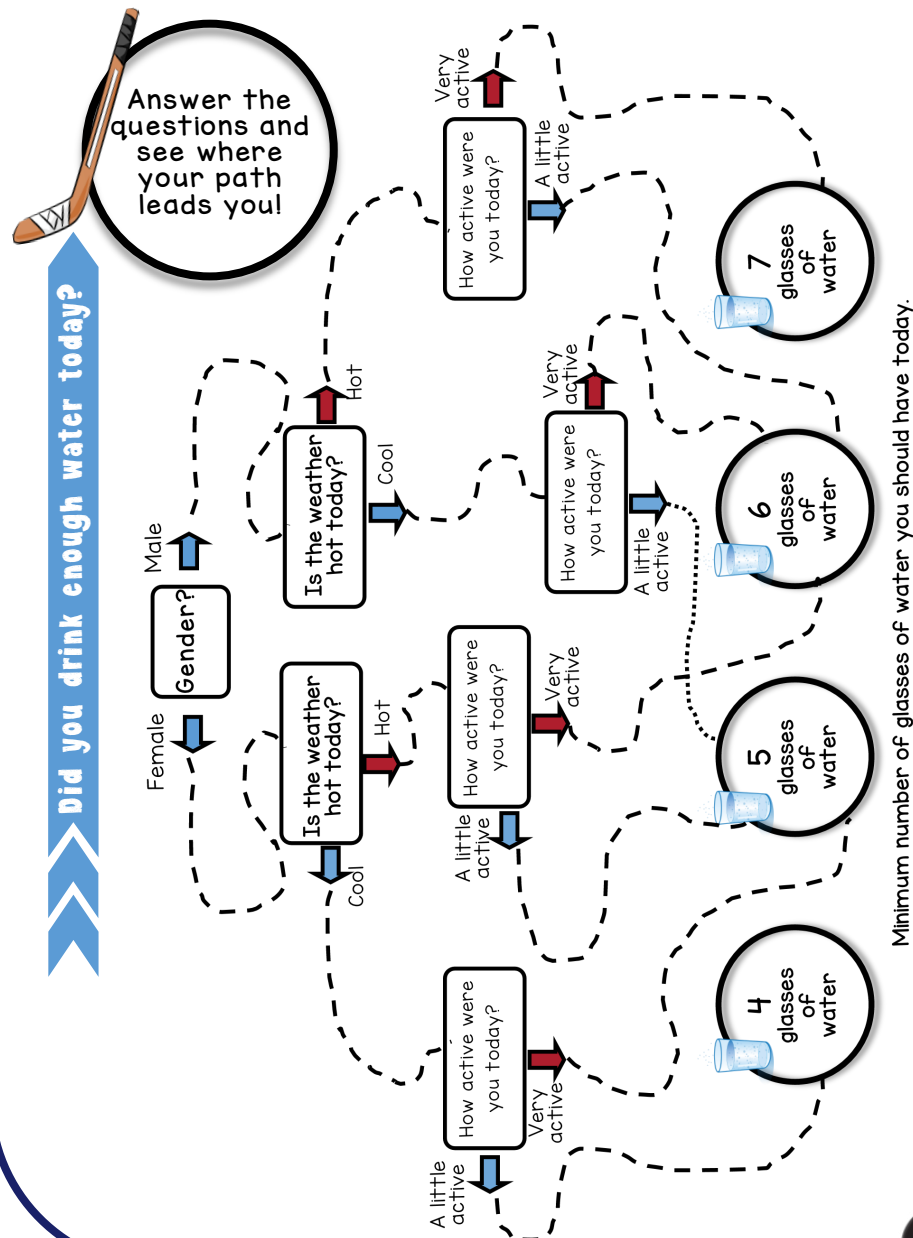


When you're really thirsty, cold water is the best thirst-quencher!

Limit juice (which can have as much sugar as soda) to one small glass per day. Avoid sugary drinks, like sodas, sports drinks, and fruit punches. They contain a lot of added sugar, calories but not important nutrients.



Because water is so important, you might wonder if you're drinking enough. There is no magic amount of water that kids need to drink every day. The amount you need depends on your age, body size, health, and activity level, plus the weather (temperature and humidity levels).





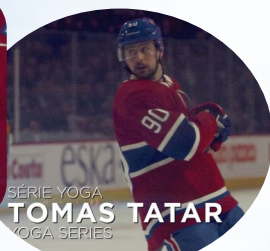
## Be Active - Everyday!

Walk. Run. Dance. Play. What's your move? One job you have as a kid – and it's a fun one – is that you get to figure out which activities you like best. Find ways to be active every day.



### Looking for ideas?

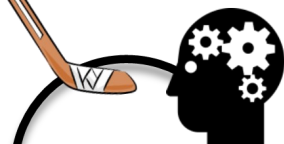
Check out the Fun Fitness videos on the Canadiens@School site featuring the Montreal Canadiens getting active!



Improves health & fitness



Improves sleep



Improves learning

**5 benefits to being active everyday**

When you exercise, you make your body stronger. So be active every day. Your body will thank you!



### One Week Activity Tracker

Be an **Active Super Star** and track your fitness for one week. Each day, write in the activities you did in the morning and afternoon. Then write the total minutes you spent being active.

	Monday	Tuesday	Wednes.	Thurs.	Friday	Saturday	Sunday
Before lunch							
After lunch							
Daily minutes							

Are you getting your 60 minutes of daily activity? \_\_\_\_\_

Favorite activities I included this week: \_\_\_\_\_

One new activity that I want to try next week: \_\_\_\_\_



# Be Active - Everyday!

## Word Search - find all the words

S	T	B	F	C	Y	L	N	G	B	E	H	J	Q	G
Y	H	R	U	A	I	U	P	P	W	Z	Q	F	U	N
N	G	N	K	N	O	I	T	A	R	D	Y	H	H	X
U	I	E	D	K	K	D	V	W	A	T	E	R	R	Q
T	E	G	T	E	M	P	E	R	A	T	U	R	E	B
R	W	Y	I	F	G	C	H	A	J	I	N	R	N	Q
I	Z	X	L	B	N	Z	Q	D	W	O	I	D	H	W
E	W	O	K	H	X	L	M	E	B	R	K	M	T	U
N	G	Z	F	M	H	Y	Z	U	O	J	C	E	A	R
T	N	K	O	L	I	Q	U	I	D	T	T	I	Y	J
S	H	G	N	K	J	K	U	D	Y	N	W	I	L	B
A	W	R	N	U	D	X	R	W	O	N	Q	T	H	Z
S	K	H	P	Z	D	B	X	P	A	O	N	J	O	L
Y	Y	P	G	Y	A	U	U	H	E	A	L	T	H	X
R	W	K	P	P	I	O	Z	D	R	E	K	B	O	N

BLOOD  
BODY  
HEALTH  
HYDRATION

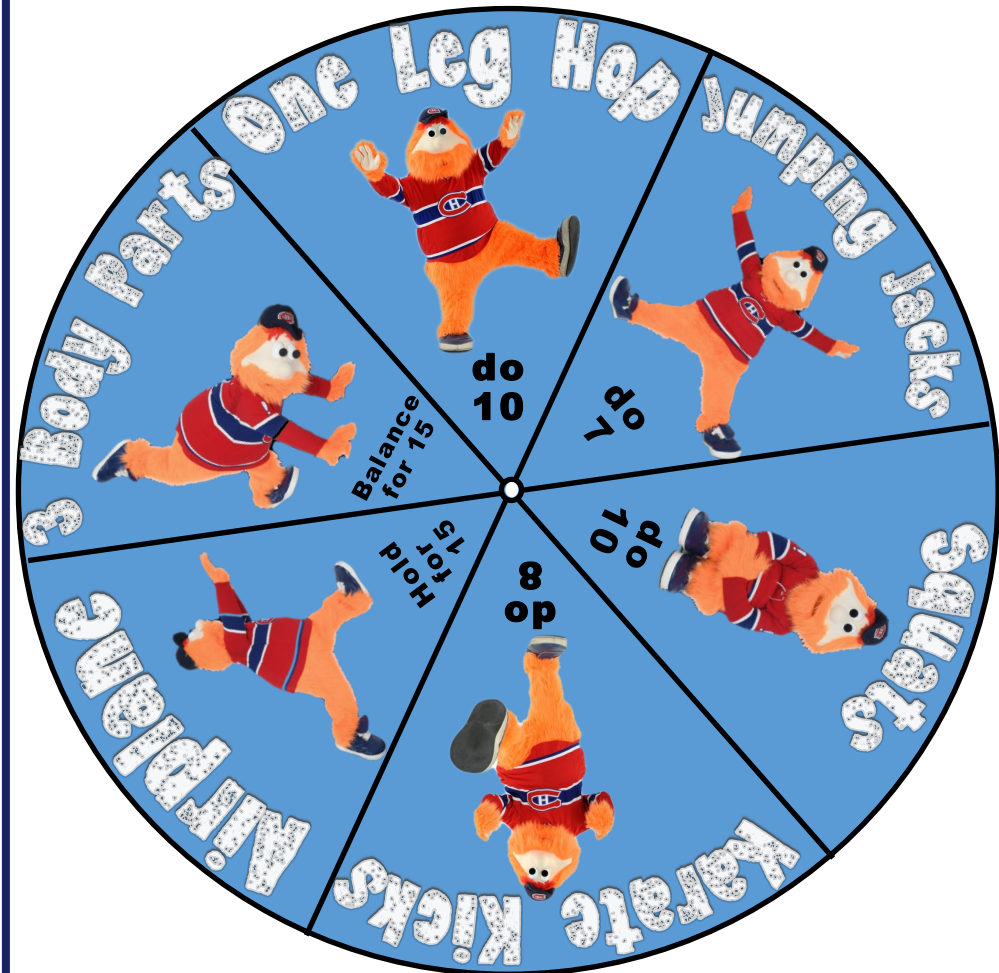
LIQUID  
NUTRIENTS  
OXYGEN

TEMPERATURE  
WATER  
WEIGHT



## 2 minute fitness break

Time to be active! Stretch it out, unwind, and refresh.



## Instructions

- Cut out Youppil's activity wheel (you could even glue it to a piece of cardboard the same size to make it sturdier).
- Then stick a toothpick thru the middle of the wheel and push it halfway thru.
- With the bottom of the toothpick on a flat surface, use your fingers to spin the wheel.
- Then do the activity that the wheel lands on!



## Relaxation and sleep

### Your Brain Needs Zzzzzs

Your body and your brain need sleep. Sleep is an individual thing and some kids need more than others. But most kids need 10 or 11 hours each night.



### Why You Need Sleep

The average kid has a busy day. By the end of the day, your body needs a break. Sleep allows your body to rest for the next day. It helps your immune system too – which keeps you from getting sick.

### Are you getting enough sleep?

Write the number of hours you slept...

night 1	night 2	night 3

Total hours

=

Average hours per night =



Go to bed at the same time



Follow a relaxing routine

**5 ways to catch your Zzzzs...**



Keep electronics out of bedroom

Avoid food with caffeine



Turn off electronics 1 hour before



## Anti-stress coloring

Hobbies are one way to focus your thoughts on a simple activity. This helps your brain to relax. Listening to your favorite music, doing yoga or going for a walk can also help you relax. Or try coloring! It's a rhythmic activity that calms the brain of people of all ages.

