

# THE WEEKLY BLURB

## WEEK OF JANUARY 11, 2021

### Physical Activity Ideas for the Family

- Play tag, toss a ball, jump rope, hula-hoop, dance to music or even play a dancing video game. ...
- Walk the dog, go for a jog, go on a bike ride, take the stairs or head to the park and let kids run around for a while.

### Kid-friendly snacks that are both healthy and delicious.

- Yogurt. Yogurt is an excellent snack for kids because it's a good source of protein and calcium. ...
- Popcorn. ...
- Celery with peanut butter and raisins. ...
- Nuts. ...
- Trail mix. ...
- Sliced pears with ricotta cheese. ...
- Cottage cheese. ...
- Oatmeal.

HANAH TAYLOR  
HAND IN HAND PRIMARY SCHOOL  
PHYSICAL EDUCATION  
229-225-3908  
[HTAYLOR@TCJACKETS.NET](mailto:HTAYLOR@TCJACKETS.NET)