



Healthy & Active Living Virtual Activities Guide

Relevant Projects

- Social Recreation
- A Sporting Chance
- Fitness & P.L.A.Y
- Bodyworks Series
- Personal Fitness



Digital Resources

21 Virtual Ice Breakers

<https://symondsresearch.com/icebreakers-for-online-teaching/>

Nutrition Label Scavenger Hunt

<https://fh-sites.imgix.net/sites/1427/2020/03/28172104/NutritionalLabelScavengerHunt.pdf>

YMCA Virtual Y @ Home Activities & Resources

<https://www.ymcaswo.ca/virtual-y>

Yoga with Adriene - YouTube Channel

<https://www.youtube.com/c/yogawithadriene/featured>

Health & Wellness Activities for Youth - Ideas & Lesson Plans

<https://healthpoweredkids.org>

Go Noodle - App - Physical & Mental Wellbeing Activities

<https://www.gonoodle.com>

Achievement Day Idea

Divide your members into small groups or partners to prepare an activity to lead the club through for the Achievement Day that can be scored. Keep a virtual tally of points collected by members throughout all of the activities. Here are some theme ideas:

- Ice Breakers
- Yoga & Meditation Practices
- Unusual Sports and Games
- Olympic Sports & Teams

Speaker Ideas

- Yoga Instructor
- Personal Trainer
- Registered Dietitian
- Body Image & Positive Self Talk
- Dancer/ Dance Instructor
- Public Health Professional

Activity #1 The Veggie Challenge

Break members into small groups and assign them each a vegetable. Have one member from each group volunteer to take notes. The challenge is for the group to come up with as many ways as they can think of for how the vegetable can be cooked or eaten in 3-5 minutes. You can also do this with different fruits! Here's an example: Mushrooms: mushroom soup, stuffed mushrooms, mushroom chicken, sautéed mushrooms, roasted mushrooms, mushroom stir-fry etc.

Activity #2 Grocery Flyer Hunt

This activity can be completed individually or in groups, virtually. Have members grab this week's grocery flyer(s). Name off items to be found in the flyer. Have members cut and paste the clippings onto a new piece of paper. You can do this virtually by having members search online flyers and snipping the graphics into a word document. Here are some examples of items to find:

- Canadian dairy products
- Ingredients for a smoothie
- Foods with healthy fats
- Foods you've never tried
- Ingredients for a dinner of your choice

Activity #3 Sit or Stand

Read off questions or statements to the group and have them sit for response option one and stand for response option two. For example: Do you play an instrument? Stand for yes, sit for no. This is a great activity to build into the middle of your meeting to help members get out of their seat and move. It is also great to help everyone get to know each other. Here are some examples:

- Do you prefer dogs or cats?
- Have you ever travelled outside of the country?
- Do you live on a gravel or a paved road?
- Have you been a 4-H member for more or less than 3 years?

Activity #4 Olympic Trivia Competition

Prior to running your competition, share videos, information and facts about the Olympics. This could be an Olympic themed meeting. Create a trivia competition with an Olympic theme. You can divide members into teams and have them come dressed in a certain colour or representing a certain country. You can utilize breakout rooms or online tools like Kahoot or Quizlet to have members participate individually or in groups in your trivia competition.

Here's a list of 100 Olympic themed questions: <https://topessaywriter.org/100-olympics-questions-and-answers/>