

Build an Activity Wheel

This is a fun craft activity that also will help incorporate physical activity in kids' days. Kids can get creative selecting activities, and decorating the wheel and then will enjoy spinning the wheel to select their activity.

Materials:

- Cardboard, cut into one large circle
- Paper fastener
- large popsicle stick or cut out an arrow out of cardboard
- Poster-board or large pieces of construction paper cut into triangles
- Markers, crayons, or other art supplies of choice
- Scissors and tape or paste

Instructions. (steps 1 and 2 will require parent assistance for younger kids)

1. Trace or draw a circle on the cardboard- make it large enough that it can be divided into at least 6 sections that the kids can draw or write in. Not an artist? Trace a large bowl or platter to get a more perfect circle.
2. Punch a hole in the center of the cardboard and in the popsicle stick/arrow. Secure the spinner to the cardboard with a fastener.
 - a. Small spinning wheels may be available at a craft or education supply store (or even from an old game!), *note if you don't have the paper fastener you could use a set of dice and make each section correspond to a number on the combination rolled on the dice.
3. Divide the circle into sections. Cut out paper triangles that correspond to the size of the sections if you don't want to draw directly onto the spinner
 - a. This works well if multiple children will be creating together. Each can decorate their own triangles
4. Kids can brainstorm activities that get their bodies moving. Make sure at least some of the activities are more vigorous like playing tag or a running activity. Other activities can be less intense, like walking the dog, or raking the yard.
5. Draw pictures that represent each activity on a paper triangle, or directly on the spinner. Tape or glue the triangles to the wheel.
6. Now spin the wheel to choose an activity to do today!

Extension Activities

- Invite children to draw pictures to create a collage poster of every day things that they do to keep their bodies healthy.
- Younger kids can practice their spelling and writing by labeling each picture with the activity name.

- Create an activity tracker where kids draw a picture each day of the activities they did. Take a large piece of drawing or construction paper and divide into 7 sections, and label each one with a day of the week.
- Create a spinner for other healthy habits- What about one for which vegetable to eat at a meal, or which healthy snack to select from the fridge.