



## Tasty Trail Mix

### Description

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Help your group make a healthy snack and get exercise.

## Supplies

- One paper bag for each student
- Ingredients for trail mix (can be a variety based on what's readily available, on sale, or children's allergies, but some options are):
  - Raisins
  - Cheerios
  - Pretzels
  - M & M's
  - Shelled sunflower seeds
  - Granola
  - Craisins
  - Dried fruit
  - Etc.

## How to Play

1. Pass out bags and have children write their names on them.
2. Discuss with the group how today they will be combining a variety of ingredients to make a healthy snack. It is important to make healthy choices when it comes to food. If you eat too much sugar it might give your body a lot of extra energy, but then you will also lose your energy quickly. It is important to try and have balanced snacks that have a variety of proteins, carbohydrates, sugar, and fats.

3. Children will be earning an ingredient to add to their mix after each exercise they complete. Put all the bags up at the front of the space where all children can see their name.
4. After each child completes the exercise, choose one of the ingredients and divide it equally amongst the bags.
5. Have the children count together as they work towards completing each exercise.
6. If there is time, call children one by one to the front to share one of their favorite exercises and have the group practice them together.
7. Allow students to eat the trail mix during reflection time.

## Exercises

- 20 jumping jacks
- 3 down and back bear walks
- 2 frog hops down and back
- 15 push-ups
- 10 squats
- 15 sit-ups
- 30-second plank
- 1 tree pose (one leg planted on the ground, the other leg bent with the foot resting above or below the knee, and two hands together placed at the heart or above the head)

## Activity Prompts for Reflection

- Which one of these exercises was most challenging for you to do?
- What can you tell yourself if you're having a hard time with something? Positive self-talk (ex: I am strong, I can do it, I can keep trying)
- How does it make you feel when you are able to finish something that might have been difficult?
- Which exercise would be easiest for you to teach someone else how to do?
- How can you encourage others in the group who might have had a hard time with those exercises?
- Are there any foods in this trail mix that you have never tried before? Why is it important to try new things?

## Other Ways to Play

- Allow children to decorate each of their bags with something that represents them or shows something about their personality.
- Reduce the number of exercises if children start getting tired.
- Adapt exercises to make them easier. Instead of frog hops, do bunny hops with two feet together. Instead of push-ups have them stand a few feet from the wall and lean onto the wall with hands bending elbows like a push-up on the wall. Instead of squats have them skip with high knees in the air. Instead of sit-ups have them do a standing crunch where they put their hands behind their head and then twist and touch opposite elbow to opposite knee as they raise their leg at the same time.
- Increase the number of exercises and make it so the whole group has to take on some number of exercises to reach the final goal. Children can say how many they are willing to do based on

whether that exercise is a strength or weakness of theirs.

- Give a pair of dice out to a pair of children, assigning one to roll the ones place and one to roll the tens place. Whatever they roll is the number of exercises the children have to do.
- Have two children each pick a card out of a deck. The two cards added together is the number of that exercise that the children have to do.

## Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.
- Write the children's names on their trail mix bags for them ahead of time.
- Make sure that when you're putting ingredients in the children's bags that you are dividing them equally and all children get close to the same amount of each ingredient.
- The list of exercises starts off with the more active ones and then goes to more stationary ones so that children are able to settle down for reflection questions.

### Category

1. Activities
2. Self-Awareness

### Sel-competency

1. Self-Awareness

### Allotted-time

1. 20 minutes

### Themes

1. Exercise
2. Food