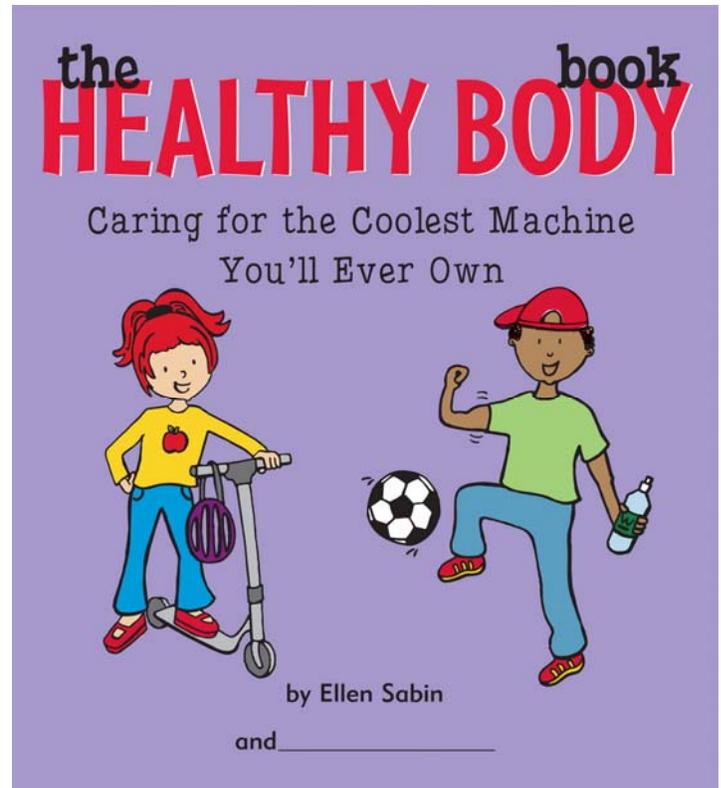




### WHAT IS THE HEALTHY BODY PARTY?

A Healthy Body Party is a unique opportunity for your child and his or her friends to come together and have an amazing time while also learning to really appreciate all the gifts they get from their bodies and the importance of making healthy choices. Ideally, each child at the party will have their own copy of *The Healthy Body Book* since the book is designed to be interactive, is perfect for groups and can be customized by the child to become a scrapbook of what they appreciate about their bodies and how they plan to stay healthy and active!

This party guide contains just a few ideas for creating an exciting party that can also help build a lifetime of healthy habits for kids and their friends.



### HEALTHY BODY PARTY OVERVIEW

The Healthy Body Party, as described in this guide, has nine different potential activities. While the first two are an important part of laying the groundwork for the event, the remaining activities can be mixed and matched to customize the party in a way that best fits your space, timing and the group of children in attendance.

- Personalizing the Book
- Introduction/Setting the Stage
- "The Coolest Machine" Discussion and Collage Activity
- "The Fingerprint Mystery" Activity
- "Sense Stations" Activity
- "Groove Circle" Activity
- "Salad Shaker" Activity
- "Relay My Way" Activity
- "Sleep Don't Peep" Activity



### **Invitations/Guest Prep:**

Page 6 of this PDF is an invitation that you can print out for your guests. You can also create a fun activity by working with your child to design your own invitations. We suggest you work together to get the invites ready and then glue them to the front of a 9x12 envelope (available at any office supply store). If you are mailing the invites, you can slip the invitation inside the envelope for mailing. The envelope will become a tool for holding the things you are asking your guests to bring to the party. As you can see on the invitation, your guest's prep for the Healthy Body Party will be to create or collect pictures of people doing amazing things with the coolest machines ever – their bodies. These can be pictures of themselves, family members or friends. Guests can also include pictures clipped from magazines or printed out online.

### **Decorating Ideas:**

The Healthy Body Party doesn't require decorations, but if you want to add more festivity to your event, you can incorporate some of the themes from the book into the décor: *movement*, *sports* and/or *nutrition*. For *movement*, take paper plates, construction paper or poster board and draw large, colorful stick figures in "action." The figures can be running, riding bikes, swimming, etc. Hang these items throughout the party area and accent with color coordinated streamers and balloons. For *sports*, you can decorate the area with colorful cut-outs, made from scratch or purchased at a party supply store, of sports related items like basketballs, baseballs, tennis shoes, etc. For *nutrition*, create signs or cut-outs of colorful, healthy foods like fruits and vegetables.

### **Food and Snack Suggestions:**

If you want to offer refreshments, you can tie the food into the theme by selecting tasty, healthy options. Fresh fruit, vegetables with dip, mini-sandwiches on whole grain bread, rice cakes and trail mix, all make great snacks. If you incorporate the "Salad Shaker" activity described on page 4 of this PDF, the salads your guests create can also be part of the food/beverage for the party.

### **Activities:**

After your guests arrive, you want them to all be seated with their *Healthy Body Book* so everyone can see and hear the adult(s) leading the party. They can be seated around a table or on the floor in a living room or family room. If the weather is nice, the guests can be seated in a circle in a back yard or patio. Each child will need room to spread out their book and participate in some arts and crafts projects. Remember, in addition to the activities outlined in this guide, there are many other ideas in the book and the free Teacher's Guide available at [www.wateringcanpress.com](http://www.wateringcanpress.com).

### *Personalizing the Book (Suggested for All Parties):*

When you initially give each child their book, explain that it is truly THEIR book and they are encouraged to complete the activities and write in the book as they wish. If you are providing the books for all the children, make sure you complete the "letter" on page 3 of the book by writing in the guest's name and you or your child's name at the bottom. As a group activity, have each child record their name as co-author on the cover of the book.



*Introduction/Setting the Stage (Suggested for All Parties):*

You want to tell the guests that this party is going to be a lot of fun and that they will all be learning more about the amazing gifts we get from our bodies and what we can do to take care of them and stay healthy. Use the analogy of a machine – the coolest machine ever! Like every amazing machine, you have to protect the body and keep it running smoothly. Explain to the guests that you have many exciting activities planned. As an introduction to the Healthy Body Party activities, read aloud pages 7 – 11 of *The Healthy Body Book* and have the children follow along. You can also let the guests take turns reading. Let discussion flow and encourage them to ask questions.

*Activity 3 - “The Coolest Machine” Discussion and Collage Activity:*

The event invitation included in this guide asks guests to think about gifts they get from their bodies or cool things our bodies let us do. This activity gives guests the opportunity to share all the amazing things that “the coolest machines we’ll ever own” can do! It’s also a fun art project the group can do together. You’ll need glue sticks and a large piece of poster board or an art canvas. Let the children take turns explaining the pictures they brought and how they represent something our bodies help us do. After each child speaks, have them take that picture and glue it onto the board or canvas. Once all the pictures are incorporated into the collage, display the finished project somewhere prominent for the rest of the party. As a thoughtful follow-up to the party, you can scan the collage into your computer or take it to Kinko’s to get copies made for each of the guests and their families.

*Activity 4 – “The Fingerprint Mystery” Activity*

Have guests turn to page 13 in their *Healthy Body Book*. Read the first half of the page out loud and explain that we are all special because of our unique genes. Have one of the guests read the second half of the page that talks about fingerprints. Each child’s book has an area for their fingerprint. Provide inkpads and give each child an identical notecard. Have them press their thumb on the inkpad and put a thumbprint in their book and on their card. Then have everyone wash their hands. In an open area, lay all the children’s books out in a line with each open to the page with the owner’s thumbprint. Shuffle up the notecards and randomly hand one to each guest. Their goal is to walk down the line of books and find the thumbprint that matches the one on their card. When they find a match, they can flip to the front of the book to find the name of the person whose thumbprint they received. Whoever identifies the thumbprint on their notecard first is the winner!

*Activity 5 – “Sense Stations” Activity*

You can start this activity by completing page 17 in *The Healthy Body Book* as a group. For each of the senses, ask the question from the book aloud and have the children write their answers in their books. Then go around the room and let them share answers with the group. For the Sense Stations activity, you will need to create one station for each of the senses. Each station will have a number and every guest will be given a sheet of paper with those numbers listed. The last page of this PDF is a sense checklist you can print out for your guests. Guests will go from station to station and guess what they are seeing, hearing, tasting, smelling or feeling, and write down their answer. The guest with the most correct answers wins a prize. Here are some examples of stations you could create:



### *“Sense Stations” Activity cont’d*

**Seeing:** Find or take very close up images of different everyday items. For example, you might have a picture that shows the texture of a slice of bread or the fibers in a carpet. Preferably, it should be a challenge for guests to guess the item in the picture. Search for “extreme close up images” on Google Images for some options. Place the picture you choose at your “Seeing” station.

**Hearing:** Using a tape recorder or your computer, record a household sound that might be hard for your guests to guess – a kitchen appliance, a squeaky door opening, etc. The “Hearing” station should have an audio device with headphones. You may need another parent or volunteer to man this station to make sure the audio is cued for each guest.

**Tasting:** Choose a unique food that is easy to provide in bite-size portions to guests. You will need a parent or volunteer to man the “Tasting” station so that guests can be blindfolded and fed the food item.

**Smelling:** Put a fragrant item like flowers, essential oils, food, etc, in a container at this station. Each guest will close their eyes, open the container and smell what’s inside.

**Feeling:** Put an item with a unique texture in a bag or pillowcase. Guests visiting the “Feeling” station will stick their hand into the bag and feel around. The item could be cotton, a sponge, a flower bud, etc. You can also use a coin and have the guests guess the denomination.

### *Activity 6 - “Groove Circle” Activity*

Have your guests stand in a circle. While in the circle, explain that our bodies give us the ability to express ourselves by speaking, writing, gesturing and dancing. For this activity, each person in the circle will make up a funny movement, gesture or dance move, accompanied by a silly sound. For example, someone could kick their right leg out while waving their left hand in the air and making a humming sound. As soon as they’ve completed their movement and sound, the person to their left mimics them and then the next person does the same. This continues around the circle until it reaches the creator of the movement/sound who will repeat it one last time. Then the person to their left makes up their movement/sound and it goes around the circle as well. Encourage the guests to go faster and faster until the movements and sounds run together like a wave.

### *Activity 7 – “Salad Shaker” Activity*

Create a salad bar for your guests with colorful, fun vegetables and fruits. Also provide several salad dressings. Give each guest a large Ziploc storage bag and have them fill it with lettuce and other ingredients they enjoy: grape tomatoes, cheese, baby carrots, cucumbers, etc. Then have each guest add a small amount of dressing to the bag. Once the ingredients have been selected and placed in the bag, the fun can begin. Have guests seal the bags and get ready to shake. With a stereo or IPOD hooked to speakers, play a dance song with a fast beat. Tell the guests to shake their salads only while the music is playing. Play short blasts of music followed by varying lengths of silence to build excitement around the salad shaking. After a few minutes of shaking, lead the group to a table so they can dump their salads into bowls and enjoy them along with any other refreshments you provide.



### *“Relay My Way” Activity*

Relay races are always fun for parties and they're also a great way to let kids get physical while providing an example of being active as a way to exercise and stay healthy. If it's a nice day, divide the kids into two or three teams and have them run relay races outside. For the “Relay My Way” activity, provide kids with some examples of common relays: the three-legged race (where partners have a leg tied together) or the potato sack race (where participants have to hop the length of the race in a sack), but explain that for this race they will be inventing their own relay challenges. Should participants crawl while balancing hats on their heads? Should they jump on just one foot with their eyes closed? It's up to your guests to decide what relays they want to invent! Each team should be given time to come up with a relay concept and then demonstrate their idea to the group. Then all teams will compete in that relay. An adult should help facilitate so that the relay ideas are safe and doable. The team that wins the most relays is the “Relay My Way” Champion. Make sure to take lots of pictures!

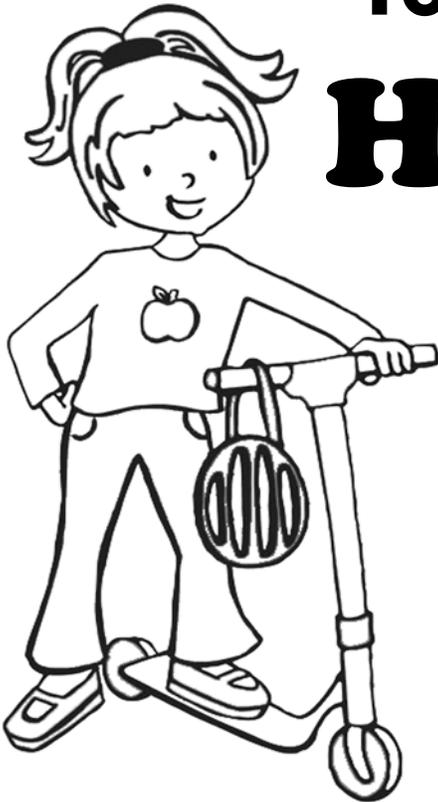
### *“Sleep Don't Peep” Activity*

This activity can help calm your guests down before they head home while also providing a fun lesson about the importance of sleep. Explain to the guests that a good night sleep is an important part of taking care of their bodies. Then have everyone lie down, close their eyes and pretend to sleep. The goal of the game is to not open your eyes or make any sounds. To start, the adults in the room can make funny noises, tell jokes, etc, to try and get the kids to laugh or open their eyes. When a player does make noise or open their eyes, they are “out” and join the adults in trying to get the remaining players to laugh or open their eyes. The last guest standing, or in this case...sleeping, is the winner!

More activities are available at [www.wateringcanpress.com](http://www.wateringcanpress.com).

We also offer discounts on purchases of 10 books or more through our site.

# You're invited to a **Healthy Body**



PARTY



\_\_\_\_\_ would like to invite you to a very special party where we'll have lots of fun celebrating all the amazing gifts we get from our bodies and how we can take care of them and stay healthy!

**WHEN:**

**WHERE:**

**Make sure your parents call us at \_\_\_\_\_ to let us know you'll be attending our Healthy Body Party!!**

Write your name on this envelope and feel free to color the invitation! One of the fun things we are going to do at the party is talk about why our bodies are the coolest machines we'll ever own! Think about all the great things our bodies let us do like playing sports, expressing ourselves, tasting yummy food and dancing. Collect pictures of some of these things and bring them to the party. These can be pictures you have taken, clipped from a magazine or printed out on the computer. Put all these pictures in your envelope and bring it with you to the party!

# SENSE STATIONS

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**1**

*Hearing*

Your Guess: \_\_\_\_\_

**2**

*Seeing*

Your Guess: \_\_\_\_\_

**3**

*Feeling*

Your Guess: \_\_\_\_\_

**4**

*Tasting*

Your Guess: \_\_\_\_\_

**5**

*Smelling*

Your Guess: \_\_\_\_\_

YOUR NAME: \_\_\_\_\_