



Printable Activity Cards Instructions

Thank you for downloading Spectrum Helen DeVos Children's Hospital Jump Jam Summer Program printable activity cards.

The attached set of cards can be printed two-sided and cut along the dotted lines. If you are without a printer at home, you may want to search free or low-cost printing options near you. Local libraries or print and shipping stores often offer free or low-cost printing options.

Helen DeVos Children's Hospital Jump Jam is a self-paced program for third-through-fifth grade students, but the whole family can jump in! It runs from June 20 to August 5, 2021. The activity cards are designed for families to participate anywhere. Parents and kids can use the cards throughout the summer to create a summer filled with fun, while teaching healthy habits. The cards include jump rope demonstrations, healthy recipes, fun activities, and words of encouragement.

Participants are encouraged to post their personal videos and pictures on how they are using the cards and staying healthy this summer. Submissions will be showcased on our [Jump Jam webpage](#) and Helen DeVos Children's Hospital social media channels.

Share how you are participating and staying healthy throughout the summer:

- Visit spectrumhealth.org/JumpJamSummer and click "Add a Message"
- Text it to 1.832.460.1979
- Post it on Instagram or Twitter using the hashtag #JumpJam

For technical assistance and questions email us at Info@jumpjam.org or call 616.329.5541.

JumpJam





0



Sugary drinks a day

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Sugary drinks a day

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Sugary drinks a day

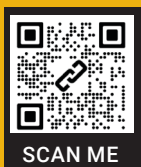
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Liven up your water with ...



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Drink water at your snack
and mealtimes.



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Keep a water log.

Keep track of every
8-ounce glass of water
you drink. See if you can
drink five a day!



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Try flavorful alternatives
to water:

- Unsweetened tea
- Almond milk
- Oat milk



0





1



Hour or more of
physical activity a day

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physical activity a day

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Hour or more of
physical activity a day

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1

Create an outdoor game
for yourself, family
and neighbors.

Or
Create a sidewalk chalk
art competition on
your block.

1



1

Dora does not have to be
the only explorer.

Each week, explore a new
park, path or trail near you.

1



1

Jump in and join the fun!

Jumping rope is
fun and easy and has
healthy benefits.
Learn a new jump today.



1



1

Walk a lap around the ...

- Block
- Park
- Mall
- Hospital
- House

1





2



Hours or less of
screen time a day

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Hours or less of
screen time a day

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Hours or less of
screen time a day

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Hours or less of
screen time a day

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2

Call or write a letter to family or friends, even if they live in the same city!



2



2



2

10, 9, 8, 7, 6...

Set a timer to avoid spending more than two hours of recreational time on a screen.



2

20/20/20

When spending an extended amount of time on screens, try this tip to relax your eyes:

Every 20 minutes
Look 20 feet away for
20 seconds

Bonus: Stand for 20 seconds.

2



2



2

Family screen-free time

Make breakfast, lunch, and dinner screen-free zones every day for everyone in the family.





3



Servings of low-fat
dairy a day

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dairy a day

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Servings of low-fat
dairy a day

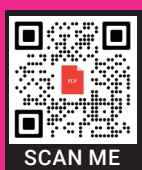
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3

Yogurt dipping dots recipe!



3



3

Team almond
or team oat milk?

Try two new milk types
this week.



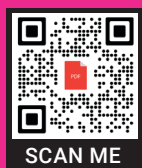
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3

Fruit smoothie time!

Try making a fruit smoothie
this week with Greek yogurt
and your favorite fruit.



3



3

Try fat-free or 1% milk
instead of whole milk
for your dairy serving.



3





4



Positive self
messages a day
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Positive self
messages a day
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4

Create your own positive affirmations for playback by recording yourself saying messages like:



4



4

Every night before bed, list three things you are thankful for.



Bonus: Keep a journal of these items, and reread it when you are feeling down.

4



4

Positive messages go two ways.



Tell your family or friends positive messages.

4



4

Good morning, sunshine!

Think about your positive self-messages as you are brushing your teeth today, or try writing them on sticky notes to put on the mirror.

4





Servings of fruits and
vegetables a day

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5

Visit a local farmers market or neighborhood community garden near you to pick up fresh fruits and vegetables.

Not sure where to go?



5



5

Make ants on a log for a healthy snack between meals.



5



5

More vegetables for me, please!
Make fruits and vegetables the largest portion of your plate.



5



5

That's a vegetable?
Try eating veggies in a new way, such as veggie pasta, grilled or broiled veggies. Keep your favorite in your regular menu.



5





Home-cooked
meals a week
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6

Meal wheel!

What's for dinner? Select your favorite dinner by spinning the wheel.



SCAN ME

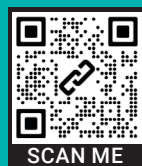
6



6

Meatless Mondays, Sandwich Saturdays ...

Create a family menu, and follow it daily.



SCAN ME

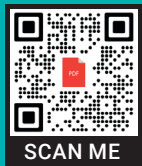
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6

Would you rather?

Add laughter to dinner with a silly "Would you rather" or your favorite dinner table-appropriate game.



SCAN ME

6



6

Let's celebrate!

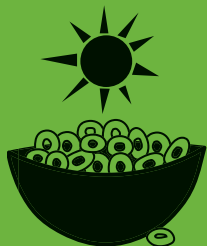
Save dining out for special occasions to make it more memorable. Try going one week without dining out.

6





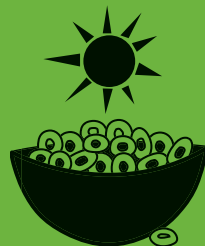
7



Breakfasts a week
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Breakfasts a week
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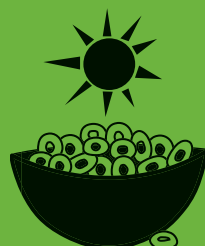
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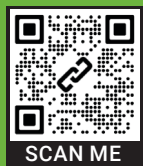
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Calling all chefs ...
Overnight oats can be
your breakfast creation
for the entire family.
Try it this week!



7



7

7, 8 or 9 a.m.?

Choose the best time to
eat breakfast every day!

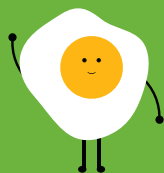


7



7

Turkey for breakfast?
Chop it up and mix it with
eggs for a power protein
breakfast. Try it this week!



7



7

Ready, set, go ...
Before you race out
the door, grab a healthy
breakfast to go.



*Bonus: Try to include three food
groups in your breakfast.

7





8



More than eight hours
of sleep a night

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More than eight hours
of sleep a night

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8

Did you know?

Listening to classical music at bedtime can help you fall asleep faster and stay asleep longer. Try it tonight!



*Bonus: It can help you learn and relax.

8



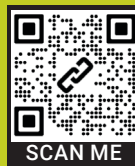
8

Grab a book, hop in bed, and read 20 minutes before bedtime.

Need a book?



SCAN ME



SCAN ME

8



8

1, 2, 3 ... zzz

Think about your favorite animal and count yourself to sleep.



8



8

Layer up!

Add a layer of socks or blankets because staying warm and toasty helps with relaxation and, ultimately, sleep.



8

