



## Let's Have a Luau!

**Host a luau at your center, and use this time to reinforce messages about sun safety and physical activity with the children.**

Use the following tips to help plan your party:

When we think of luaus we think of clear blue skies and sunny days on the beach. Make sure children are dressed appropriately for their luau. Send a flyer home to parents and guardians asking them to send children on the day of the luau event with their sunglasses and hats. You may want to encourage children to come dressed in bright colored or Hawaiian print clothes. Remind parents and guardians to apply sunscreen to the children before they arrive at your center.

***Aloha!*** Greet children by their Hawaiian names. Search the Internet for sites that will translate your children's names into Hawaiian.

***Looking good!*** Don't forget the hula skirts and leis. One way to make inexpensive hula skirts is from unscented drawstring trash bags. Cut the bottom of the bags off, then make slits to create the grass hula skirt look. The drawstrings will allow the skirts to fit anyone of any size. To make the leis, you will need string or yarn, paper, scissors, a hole punch and fillers such as colored straws cut up into two-inch lengths, colored dry macaroni, beads or curled colored pipe cleaners. Create a basic "daisy" style flower design, and either trace or copy the design onto colored paper. Cut out the flowers and make a hole in the center of each flower. To assemble the necklace, thread one flower, one "filler" of your choice, one flower, etc onto the string. Leave about two inches on each end to tie the lei. The leis are now ready to wear! (For safety, do not allow children to play with trash bags until the slits have been cut.)

*See other side for more ideas...*

**Kimo Says: Sunscreen!** Instead of Simon says, play Kimo says. Kimo tells them to put sunscreen on a body part. Some examples to use include: “Kimo says, ‘Put sunscreen on your ears,’” “Kimo says, ‘Put sunscreen on your... nose,’” and “Put sunscreen on your cheeks!” Normally, children who put sunscreen on their cheeks would be out. Instead of having the children sit down when they are out, have them go to the other side of the room and continue playing. That way everybody gets covered with sunscreen! Continue until every exposed part is covered with sunscreen, and then have Kimo say to put on hats and go out for some playtime. You don’t need to use real sunscreen during the game, just have children pretend to apply the lotion.

**Pineapple Bowl-off!** Using construction paper, draw a picture of a pineapple and tape or glue it to an empty water bottle or plastic drink container. We suggest making five bottles/pins. Use a coconut as your bowling ball and have fun!

**Musical Beach Towels!** This game is played like musical chairs. Lay out one less beach towel and/or beach mat than you have players/beach walkers. Have the beach walkers walk in a circle around the towels/mats when the music plays. When the music is turned off the beach walkers must stand on the towel/mat. The beach walker who does not make it to a towel/mat must sit out until the next game. Remove another towel/mat and turn the music back on. Keep repeating this until there is only one beach walker left. (Note: Running to a beach towel and sliding may not be safe.)

**Fabulous Fruit!** Try introducing the children to different tropical fruits like fresh pineapple, papaya, coconut, star fruit or perhaps dried pineapple or mango. Ask parents and/or guardians to send their child to the center on “Luau Day,” with a fruit that each child in the class could taste. Remember to emphasize that only enough is needed for a tasting of the fruit.

**Pina Colada Smoothie!** Dress these drinks up with a tropical stirrer or drinking straw.

1 (8 ounce) carton vanilla low-fat yogurt  
2 Tbsp. frozen pineapple juice concentrate  
A few drops coconut extract  
4 ice cubes

Combine all ingredients in a blender and blend until smooth.

Makes 1 serving.

Per serving: 260 calories. Fat: 2.5 grams

**Aloha Punch!** Kids will love this fruit juice with fizz.

Mix one can of orange-peach-mango 100% frozen fruit concentrate according to the directions on the can. Next mix one part club soda with three parts of the juice and serve.

**Surfside Sandwiches!** Use different shaped cookie cutters like fish or stars (starfish) to make fun sandwiches for the children. If you usually make sandwiches on white bread, try whole wheat bread for a healthier variation.

Don’t forget to check out our Web site, <http://aahealth.org/alex.asp>, for more ideas on activities to do with your children!

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