



## Filtration Station

Kidneys are like tiny washing machines for your blood! They remove the waste found there, such as excess salt, and expel it through the urine. Using herbs and spices to enhance flavor when cooking rather than lots of salt will help keep children's kidneys healthy.

## Friendship Cup

Breakfast cereal  
Small crackers  
Dried fruit

Ask children to decide together which breakfast cereal, cracker and dried fruit they would like in their friendship cup. Lay out each ingredient in separate bowls. Instruct them to scoop a designated amount of cereal and crackers ( $\frac{1}{2}$  oz eq minimum) and  $\frac{1}{4}$  cup dried fruit to make their own friendship cup.

## Partner Painting

Have partnered groups each choose five colors of paint to carefully drop onto their plate. Place the plates in a salad spinner one at a time and close tightly. Have the children take turns spinning. Repeat until all groups have created their own artwork.

## Bean Bag Catch

Children will each have a partner. One will have a bucket and the other will have three bean bags. The bucket is the catcher and will try to catch all three bean bags the other child tosses. They will take turns being the tosser and the catcher.

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