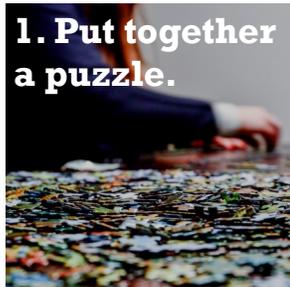
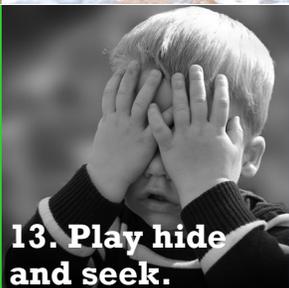
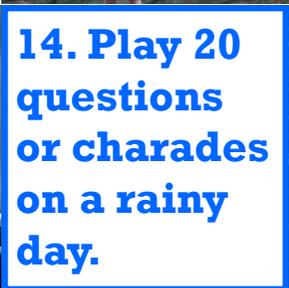


# SCREEN FREE CHALLENGE

Screen free challenges help kids learn to entertain themselves without relying on media. During a screen-free challenge, have the entire family pledge to do an activity together instead of using media screens. Screens include TVs, laptops, computers, smart phones, and tablets. Research has shown too much screen time can interfere with sleep and focusing in school. Plan a goal to be screen-free during this week, and remember to make sure your child helps pick the activity. If possible, try to guide your child to select an activity that will get them to be physically active. If the weather is bad, think of something indoors. Here are a few ideas to get you started!

 <p><b>1. Put together a puzzle.</b></p>	 <p><b>2. Visit the local library and borrow books to read as a family.</b></p>	 <p><b>3. Learn to play an instrument.</b></p>	 <p><b>4. Play outside</b></p>	 <p><b>5. Make a list and go for a scavenger hunt in the house or outside.</b></p>
 <p><b>6. Make a blanket fort and read as a family inside!</b></p>	 <p><b>7. Create art pieces for the home.</b></p>	 <p><b>8. Go for a swim at the pool or beach.</b></p>	 <p><b>9. Head out for a nature walk and collect interesting things you find!</b></p>	 <p><b>10. Have a family dance party!</b></p>
 <p><b>11. Prepare and cook a meal together.</b></p>	 <p><b>12. Invite friends to play tag at the neighborhood playground.</b></p>	 <p><b>13. Play hide and seek.</b></p>	 <p><b>14. Play 20 questions or charades on a rainy day.</b></p>	 <p><b>15. Try a new exercise or sport together like yoga or basketball.</b></p>
 <p><b>16. Have a family cards and board game night!</b></p>	 <p><b>17. Do a science experiment together.</b></p>	 <p><b>18. Plant a garden with flowers, fruits, vegetables or herbs!</b></p>	 <p><b>19. Build your own town out of toys and other things you find in the house.</b></p>	 <p><b>20. Start a family project and do housework together!</b></p>

# FITNESS FUN!



Being active at an early age can develop into lifelong habits of being physically active. Physical activity can help kids have a good mood, focus in school, and sleep better.

## **Kids are recommended to be active 60 minutes/day**

Regular physical activity can help promote a healthy weight and heart, strong bones, muscles, joints and increase endurance. Try different types of exercise to learn new skills. Provide opportunities and encourage kids to find ways to have fun while being active each day!

**Not sure where to begin?** Start by being physically active yourself. Joining in on an activity with the kids is a great way to spend time with them and an opportunity to show that physical activity can be fun!

**Running out of time for physical activity?** If it's a little challenging for your family to set aside **one hour** each day for exercise, try breaking it up into 15 minutes of physical activity four times a day:

- Walk to school, work, bus stop, parking lot, library, park. Add up your walking throughout the day and see if you reach at least 15 minutes.
- Play a game before or after dinner like frisbee, jump rope, your family's favorite sport, or hide and seek in the house or in the back yard.
- Create an exercise circuit with different stations. Have the family compete with 30 seconds of the following exercises: jumping jacks, stretching, jumping up and down, dancing, and running in place.



## **FAMILY ACTIVITIES**



- Go for a walk around the neighborhood after a family meal
- Take the family out for a game of bowling, laser tag, or miniature golf
- Take the stairs when ever possible instead of using the elevator or escalator or park far from the door
- Ask for help on chores at home like vacuuming, washing windows, cleaning the floors, or cleaning out the closets
- Have a snowball fight in the winter
- Shovel the sidewalk or driveway
- Build a snowman or make snow angels
- Plan a picnic with some football or frisbee!
- Sign your child up for a local sports camp, team or swim lessons
- Make walking or riding the bike a scheduled event each day/week
- Run through the sprinkler
- Host a bicycle car wash on the street
- Have a jump rope or hula hoop contest with friends
- Take a nature hike and collect leaves and rocks to make a collage