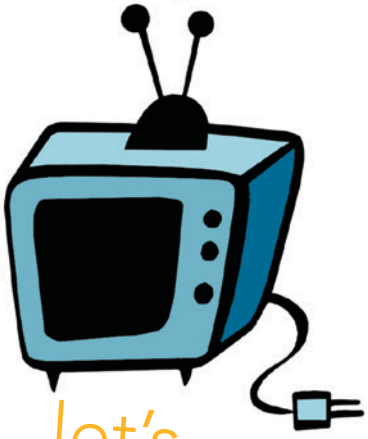
My Favorite Things to Do

INSTEAD OF **WATCHING TV**



let's **unplug** together!

Name: _____

Life is more fun when you join in!

What do you like to do that helps your mind and body grow strong?

Here are some ideas to get you going:

puzzles • reading • dancing • singing • hopscotch • building towers • playing dress-up • jumping • rolling down hills • walking • riding a bike • playing catch • helping in the kitchen • flying kites

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Jump IN FOR HEALTHY KIDS

5210 LET'S GO!

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