

You CAN

walk away

from that

TV!

Keep your mind and body healthy. Don't sit in front of the television for long periods watching shows or playing games! Try some of these ideas!

Tie a ribbon or rope
or piece of string on
the end of a stick
and DANCE with
the wind - or to
your favorite music!

You could even move
to your music with a
friend. Make up
your own dance!

Jump rope, or run around your house three times! YOU decide what to do to keep YOUR body active and healthy.

After school, kick a ball, or a can, or an empty milk jug. You can do it by yourself or with a friend!

Draw a picture

- create a new
super hero!

Then write
about your
picture.

Take a hike - to your
back yard, or a
neighbor's... and take a
healthy snack and some
water!

Read a book
or a magazine.

Write a letter
to a friend or
family!