

Get Up & Get Moving!

There are SO MANY THINGS YOU CAN DO instead of spending time in front of a screen!

Here are a few ideas to get you started....

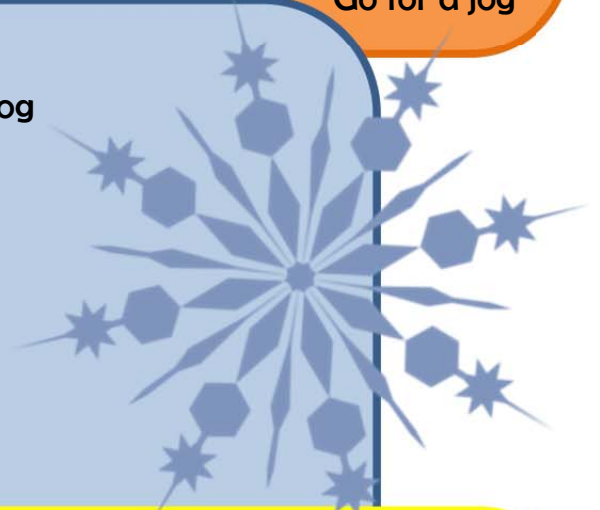


Fall Activities

- Decorate your house for Thanksgiving and Halloween
- Shoot some hoops. Set up a 3 on 3 tourney
- Organize a scavenger hunt with friends
- Rake leaves and make piles to jump in
- Walk or ride your bike to school
- Learn a new game or activity
- Go for a hike on a local trail
- Clean the yard or garage
- Play catch or football
- Play soccer or Frisbee
- Go for a jog

Winter Activities

- Take your dog for walk or offer to walk the neighbour's dog
- Too stormy? Play a board game, put on music and dance
- Shovel the driveway or sidewalk - make it a family affair!
- Visit a recreation centre for swimming and games
- Help decorate your house for the holidays
- Go tobogganing (remember your helmet!)
- Downhill, cross country ski, or snowboard
- Go skating at an outdoor rink or arena
- Organize a game of street hockey
- Play outside with friends
- Visit your local library
- Play charades
- Make crafts
- Snow shoe



Spring & Summer Activities

- Rollerblade or skateboard (don't forget your protective equipment!)
- Get friends together at the park for a soccer or baseball game
- Help with yard cleanup at home or in your neighbourhood
- Learn a new sport and get the whole family involved!
- Play tennis, badminton or volleyball
- Go swimming, play water polo
- Wash the car - inside and out
- Go to the playground
- Go on a nature hike
- Plan a picnic lunch
- Clean out closets
- Bath the dog

