



## Pause to Play...Turn off the Screens Get up and 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**

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

### **Winter Activities**

- Play outside with friends
- Help decorate your house for the holidays
- Go tobogganing (remember your helmet!)
- Go skating at an outdoor rink or arena
- Downhill, cross country ski, or snowboard
- Snow shoe
- Take your dog for walk or offer to walk the neighbour's dog
- Shovel the driveway or sidewalk - make it a family affair!

### **Winter Activities continued...**

- Organize a game of street hockey
- Too stormy? Play a board game, build a fort indoors, put on music and dance
- Visit your local library
- Make crafts
- Visit a recreation centre for swimming and games
- Play charades

### **Spring & Summer Activities**

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