

*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!