

School Vacation!

What to do? Try some of these health-oriented, fun activities.

Name: _____ Vacation Dates: _____

**Circle each activity
when completed.
Complete as many
as you can!**

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|---------------------------------|---------------------------------|---------------------------------|
| Go sledding | Build a snowman | Drink a glass of water |
| Go for a walk | Do 25 jumping jacks | Have a fruit smoothie |
| Play cards | Build a snow fort | Have 2 vegetables with dinner |
| Play baseball | Dance to music | Try a new kind of fruit |
| Go swimming | Play outdoors | Have 2 fruits with breakfast |
| Go bowling | Play football in the snow | Do a jigsaw puzzle |
| Go roller skating | Jump rope or skip | Play a board game |
| Go on a hike | Go to a sporting event | Create a skit or play |
| Write a letter | Put veggies on your pizza | Strike a yoga pose |
| Physical activity (your choice) | No TV all day | Build a fort |
| | Eat a banana with peanut butter | Make a card for someone special |
| | Eat celery & carrots with dip | Help make dinner |