### Healthy Activities for School Vacation

**Name:** _______________________  **Vacation Dates:** __________________

- Go sledding
- Try a new physical activity
- Make your own dip for veggies
- Go for a walk
- Build a snowman
- Play outdoors all day
- Play a card game
- Create an obstacle course
- Go on a hike
- Play baseball
- Build a snow fort
- Do a jigsaw puzzle
- Go swimming
- Dance to music
- Play a board game
- Play bowling
- Drink a glass of water upside-down
- Create a skit or play
- Go roller skating
- Play football in the snow
- Strike a yoga pose
- Have a fruit smoothie
- Jump rope or skip
- Don’t use any screens all day
- Write a letter
- Eat a banana spread with peanut butter and rolled in cereal
- Help make dinner
- Build a fort with furniture and blankets
- Go to a sporting event
- Make a card for someone special
- Do as many cartwheels or somersaults as you can
- Climb a tree
- Find a new park to visit

**WHAT ELSE DID YOU DO?**

- ____________________________
- ____________________________
- ____________________________
- ____________________________
- ____________________________

*unplugged can be fun!*

---

**MaineHealth**

**LET’S GO!**

SCHOOL VACATION

---

1. Engage
2. Assess Environment + Create Plan
3. Implement Plan
4. Complete Survey
5. Celebrate

---

121