

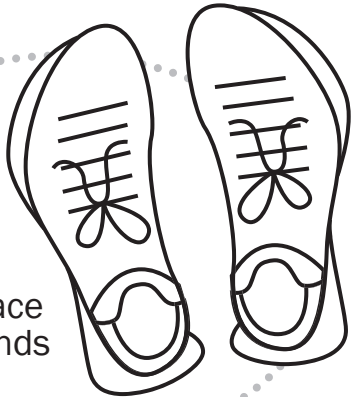


New Activities Checklist

Color in and check off an activity as you do it. Try something new if you haven't already. What are some of your favorite activities?



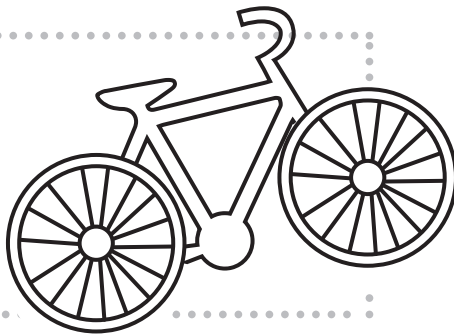
Run a race with friends



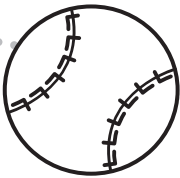
Practice yoga, or just sit quietly for a few minutes and take slow, deep breaths



Ride your bicycle. Don't forget your helmet!



Go for a long walk outside



Play a game of catch



Dance to your favorite music



Jump rope

