New Activities Checklist

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
- Dance to your favorite music
- Jump rope
- Play a game of catch

ABC’s OF HEALTHY KIDS: www.snohd.org/healthykids • www.snohd.org/activities