

Name _____ AM teacher _____

Name _____

Parent Signature _____

February Family Wellness Challenge

FOUR is More

All this month, we challenge you to try FOUR new **activities to do instead of screen time**. If you are already participating in non-screen activities, it's okay to keep doing those things you like and record them below. Challenge yourself to try at least 1 new activity. Draw or write about one activity in each box below. **Return to school after February 21.**

*Some non-screen activities include... reading, playing a board game, solving math problems, call a friend, go for a bike ride, play outside, have a dance party, start a craft project

*Check out this website for activities that don't involve a screen: <https://www.mykidstime.com/things-to-do/101-fun-activities-for-kids-dont-involve-screen-time/>

*If your child has not received their Fitness Finder necklace, please visit the following website and complete the family contract:

<http://tses.hcpss.org/news/2019/10/tses-monthly-wellness-challenges>

February Family Wellness Challenge

FOUR is More

All this month, we challenge you to try FOUR new **activities to do instead of screen time**. If you are already participating in non-screen activities, it's okay to keep doing those things you like and record them below. Challenge yourself to try at least 1 new activity. Draw or write about one activity in each box below. **Return to school after February 21.**

*Some non-screen activities include... reading, playing a board game, solving math problems, call a friend, go for a bike ride, play outside, have a dance party, start a craft project

*Check out this website for activities that don't involve a screen: <https://www.mykidstime.com/things-to-do/101-fun-activities-for-kids-dont-involve-screen-time/>

*If your child has not received their Fitness Finder necklace, please visit the following website and complete the family contract: <http://tses.hcpss.org/news/2019/10/tses-monthly-wellness-challenges>

Name _____ AM teacher _____

Name _____

Parent Signature _____