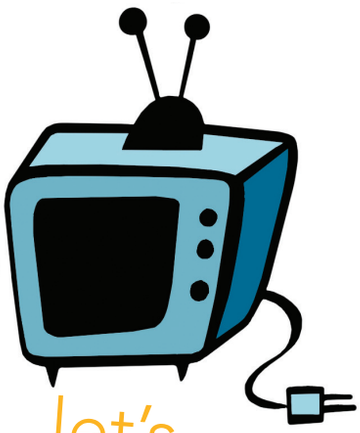
My Favorite Things to Do

INSTEAD OF **WATCHING TV**



let's **unplug** together!

5 2 1 0 Healthy NH

Name: _____

Life is more fun when you join in!

What do you like to do that helps your mind and body grow strong?

Here are some ideas to get you going:

puzzles • reading • dancing • singing • hopscotch • building towers • playing dress-up • jumping • rolling down hills • walking • riding a bike • playing catch • helping in the kitchen • flying kites

5210 LET'S GO!

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