



Name: _____

Date: _____

Keep Moving (Away From That Screen)

Instructions: Ask a family member to help you list 10 physical activities you can do to keep you moving, instead of spending time in front of a TV, computer, or video game screen. Write or draw pictures of your activities in the feet below, then get moving!

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____