

Healthy Activities for School Vacation

2 hours
or less
recreational
screen time
every day

Looking for something healthy to do over school vacation? Try some of these activities!

- Go sledding.
- Take a walk.
- Play cards.
- Play baseball.
- Go swimming.
- Go bowling.
- Go roller skating.
- Go on a hike.
- Write a letter.
- Physical activity (your choice)
- Build a snowman.
- Do 25 jumping jacks.
- Build a snow fort.
- Dance to music.
- Play outdoors.
- Play football in the snow.
- Jump rope or skip.
- Go to a sporting event.
- Put veggies on your pizza.
- Eat a banana with peanut butter.
- Eat celery and carrots with dip.
- Drink a glass of water.
- Make a fruit smoothie.
- Eat two fruits with breakfast.
- Do a jigsaw puzzle.
- Play a board game.
- Create a skit or play.
- Strike a yoga pose.
- Build a fort.
- Make a card for someone special.
- Help make dinner.



Circle each activity when completed. Try out as many as you can!



Let's Move
Pittsburgh

Download more 5-2-1-0 resources at letsmovepittsburgh.org/5210. To start a 5-2-1-0 campaign at your home or organization, please contact letsmove@phipps.conservatory.org.



Let's Move Pittsburgh is affiliated with Phipps Conservatory and Botanical Gardens. This program is adapted from Let's Go! www.letsgo.org.