

Healthy  
Activities for

SCHOOL

# VACATION

**Want something healthy and fun to do over school vacation? Try some of these activities.**

**Circle each activity when completed. Complete as many as you can!**



Name: \_\_\_\_\_ Vacation Dates: \_\_\_\_\_

- Cook dinner for your family
- Look through your fridge and make up new healthy recipes. Write them down and try them out!
- Make a fruit smoothie
- Go on a hike
- Go sledding
- Learn all the lyrics to your favorite song
- Teach your pet a new trick
- Volunteer in your community
- Have a picnic with a group of friends
- Play tug of war, hopscotch, or red rover in the snow
- Teach yourself a new language – or make one up with your friends!
- Set up a tent or sleeping bags in your backyard and camp out
- Go swimming
- Play cards
- Make a music video for your favorite song with friends
- Sketch or paint a plant growing in your backyard
- Set a fitness goal for yourself (example: 20 push-ups in a row) and work towards it every day
- Create your own Mad Libs and fill them out with friends and family
- Find a community event you wouldn't normally go to and check it out
- Become an expert on something you're interested in by going to the library for a day and reading all about it
- Join or start a book club
- Handwrite a letter to a family member or friend
- Have a sandcastle or snowman making contest with your friends
- Go bowling

**WHAT ELSE DID YOU DO?**

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**unplugged  
can be fun!**

MaineHealth  
**LET'S GO!**  
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