



HEALTHY KIDS
COMMUNITY CHALLENGE
WATERLOO REGION



**HEALTHY KIDS
COMMUNITY CHALLENGE**

**101 Ways to
Power Off and Play**



Get Creative

1. Listen to the radio.
2. Write an article or story.
3. Paint a picture, a mural or a room.
4. Write to the Prime Minister, or the Principal.
5. Read a book.
6. Learn to fix something.
7. Write a letter to a friend or relative.
8. Make veggie and fruit characters, yogurt parfait, smoothie, etc.
9. Read magazines or newspapers.
10. Go through your closets and donate items to Goodwill, the Salvation Army or have a garage sale.
11. Start a diary/journal.
12. Play cards.
13. Make crafts to give as gifts.
14. Do a crossword puzzle or play Sudoku.
15. Save money – cancel your Cable TV or Netflix.
16. Learn about a different culture. Have an international dinner.
17. Teach a child some of your favourite games.
18. Study sign language.
19. Write a letter to your favourite author.
20. Cook dinner with friends or family.
21. Make cards for holidays or birthdays.
22. Play chess, bridge, or checkers.
23. Play charades.
24. Have a conversation.
25. Repair or refinish a piece of furniture.
26. Make a wooden flower box.
27. Wake up early and make fruit pancakes.
28. Read a favourite poem.



Outdoors

29. Learn about native trees and flowers in your area.
30. Plan a picnic or barbecue.
31. Go bird watching. Learn the names of local birds.
32. Walk the dog. Wash the dog.
33. Plant a garden. Work in your garden. Visit or take advantage of school and community gardens.
34. Take a nature hike.
35. Feed fish or birds.
36. Watch the night sky through binoculars and identify constellations. Observe the moon.
37. Learn to use a compass.
38. Take photographs and then organize them into an album.
39. Do yard work.
40. Go camping. You could even do this in your backyard!
41. Take an early morning walk.
42. Climb a tree.
43. Watch a sunset; watch the sunrise with a friend.

Around town

44. Attend a community concert. Listen to a local band.
45. Visit the library. Borrow some books.
46. Visit a local bookstore.
47. Visit a Museum.
48. Visit the countryside.
49. Attend a religious service.
50. Walk to school.
51. Attend a live sports event.
52. Look for treasures at a yard sale.
53. Try out for a play. Attend a play.
54. Collect recycling. Organize a neighbourhood garbage pick-up day!
55. Learn to play a musical instrument.
56. Ride the bus or train.



On the Move

57. Go roller skating or ice skating.
58. Go swimming.
59. Join a team.
60. Play a sport at the park.
61. Go for a bicycle ride.
62. Learn yoga.
63. Play soccer, softball or volleyball.
64. Play Frisbee.
65. Workout.
66. Dance.

In Your Community

67. Join a community clean-up.
68. Become a tutor.
69. Join a choir. Sing!
70. Go bowling.
71. Get to know your classmates.
72. Start a fiction book group.



With Your Family

73. Make paper bag costumes and have a parade.
74. Design a poster - draw how you will Power Off and Play!
75. Discover your community centre or local park.
76. Blow bubbles.
77. Draw family portraits.
78. Build a fort in the living room and camp out.
79. Research your family history. Make a family tree.
80. Invent a new game and teach it to your friends.
81. Make a sign to tape across the TV during screen-free time.
82. Play hopscotch, hide and seek, or freeze-tag.
83. Have a scavenger hunt.
84. Play board games.
85. Clean up or redecorate room.
86. Make puppets out of old socks and have a puppet show.
87. Write a play with friends and perform it.
88. Construct a kite. Fly it.
89. Go on a family trip or historical excursion.
90. If it's snowing, go sledding or make a snowman.
91. Create a collage out of old magazine pictures.
92. Shoot hoops with friends.
93. Make a friendship bracelet.
94. Create a cookbook.
95. Tell stories around a campfire.
96. Plan a slumber party.
97. Make fruit kebabs or vegetable wraps.
98. Construct a miniature boat and float it on water.
99. Write a letter to your grandparents. Make a special card.
100. Create sidewalk art with chalk.
101. Everyone - have a huge party to celebrate Power Off and Play!

