



## Pledge to Your Health

As a family pick some activities to pledge to your health  
for Friday, May 15!

- Say a prayer as a family
- Make a healthy meal or snack
- Go screen free for the day
- Make playlist of parent-approved motivational tunes
- Have each person in your family slide on a hardwood floor in socks and measure it
- Write a letter to someone who is important to you and let them know they're important
- Take a jog, walk, hike, bike ride in your neighborhood
- Plant a flower, vegetable or tree
- Create a family obstacle course
- Get into a comfortable position. Starting with your head and moving down, relax your body all the way to your toes.
- Play Mrs. Jayne's [Dice Exercise Game](#)
- Give someone in your house a hug
- Play a board/card game
- Using strings or yarn create a ninja escape
- Make a puzzle
- Draw a picture of how you feel
- Play catch - use a frisbee, football, any kind of ball. Do not use your little sister or brother!
- Read a book - if you have a younger sibling, read to them.
- Play basketball
- Build an indoor fort
- Play laundry toss - roll up pieces of laundry and toss them into a basket
- Build a house of cards
- Pom Pom/cotton ball football - one person holds their hands in a field goal while the other tosses the cotton ball/pom pom
- Paint a picture
- Nature alphabet game - while walking, find something in nature that begins with each letter of the alphabet. It must be a living thing ie: hummingbird = good, house = no good...
- Turn off electronics and listen to nature for 10 minutes
- Play Charades
- Have a picnic in your yard
- Lie down on your back with a stuffed animal on your tummy. Take deep, slow breaths to watch the stuffed animal rise and fall