PLAY FOR FITNESS!

NEVER ✳ STOP✳PLAYING ✳

TIME FOR GOOD OLD-FASHIONED PLAY!

Play allows children to use their creativity while developing their imagination, dexterity, and physical, cognitive, and emotional strength. Through play children learn at a very early age to engage and interact in the world around them. Play is a cherished part of childhood. By finding the right balance between work and play, children will grow up happier, better adjusted, and more prepared to conquer the world.

Play is the highest form of research.

-Albert Einstein

HERE'S HOW!

1. *Each day, PLAY FOR FITNESS indoors or outdoors.*
2. *Use the indoor or outdoor activities listed or create your own fitness fun.*
3. *Participate in one or more activities for at least one hour throughout each day.*
4. *Write down your chosen activities on the calendar provided!*

INDOOR PLAY!

- *Make your own slime*
- *Play Blind Man's Bluff*
- *Play a card or board game*
- *Play hide and seek*
- *Play Charades*
- *Create an indoor obstacle course*
- *Build a structure out of cardboard*
- *Design and play your own Minute to Win It games*
- *Make a bowling alley with home-made pins*
- *Build a blanket and pillow fort*
- *Build an obstacle course at home or at the playground*
- *Create an indoor treasure hunt*
- *Bake with a parent*
- *Make paper airplanes and fly them*
- *Put on a play for your family*
- *Draw and color*
- *Make your own bubbles*
- *Create a music playlist then have a dance party*
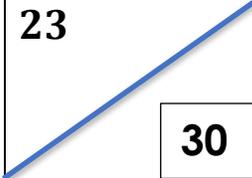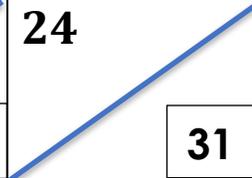
OUTDOOR PLAY!

- *Create a scavenger hunt*
- *Play Tag*
- *Play at a local playground*
- *Build a fort*
- *Draw a four-square or hopscotch court with chalk and play*
- *Build a snowman or a snow fort*
- *Practice jumping rope*
- *Practice a sport with friends and family*
- *Play hide and seek*
- *Go for a hike and explore*
- *Rake your leaves into a giant pile*
- *Climb a tree*
- *Go fishing*
- *Ride your bike*

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PLAY FOR FITNESS throughout the month of December!
At the end of the month, add up the total number of days completed, and have a parent sign the bottom of the calendar.
Return it to your teacher for an award certificate and shoe token.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24 31	25	26	27	28	29

Student Name: _____

Teacher: _____

Grade: _____ **Total Days Completed:** _____

Parent Signature: _____