

# March NEWSLETTER

## Rachel's Tip!

**IT IS IMPORTANT TO NOT SPEND TOO MUCH TIME ON DEVICES.**

Instead, find ways to keep your body moving and your brain active! Staying active is an important step to help bodies to grow up to be strong and healthy!



# 2

2 HOURS OR LESS  
OF SCREEN TIME



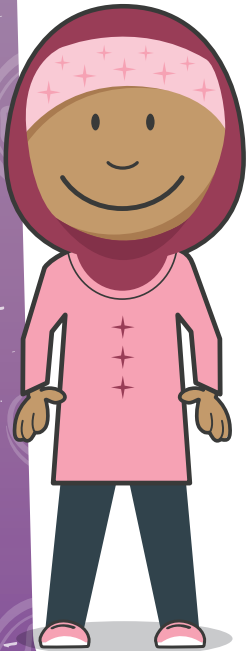
## Be Your Best YOU!

### BALLOON FUN!

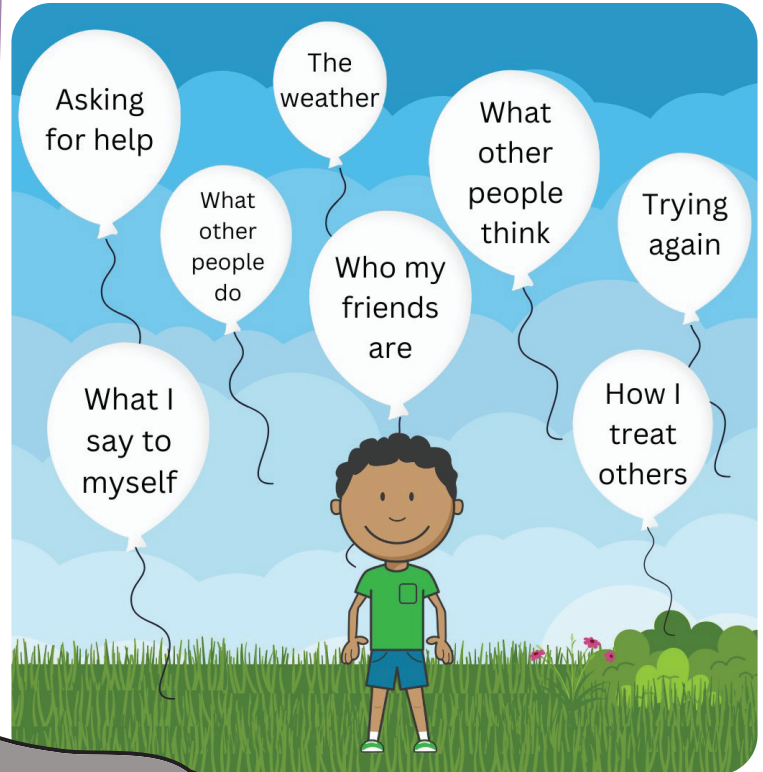
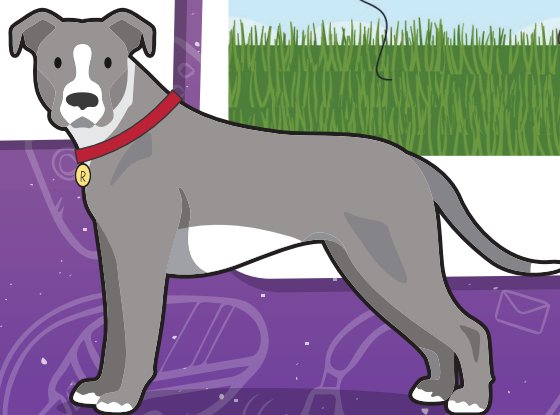
Not being able to control everything can sometimes make us worry. What are some things you **can** control? Color them in the balloons below. Let the other things you can't control float away.

## Activity

### PICK A NUMBER & GET ACTIVE!



Find a partner to play this game with you whether it is an adult, brother, sister or friend. Have them pick a number from 1-50. If the number they pick is odd do 10 jumping jacks, if it is even do 10 squats. Take turns with each other and get moving!



**Fitness  
for Kids  
CHALLENGE**

AN INDEPENDENT HEALTH FOUNDATION PROGRAM

For more information and activities visit: [www.FitnessForKidsChallenge.com](http://www.FitnessForKidsChallenge.com)

2023-2024 | K-2

# Challenge:

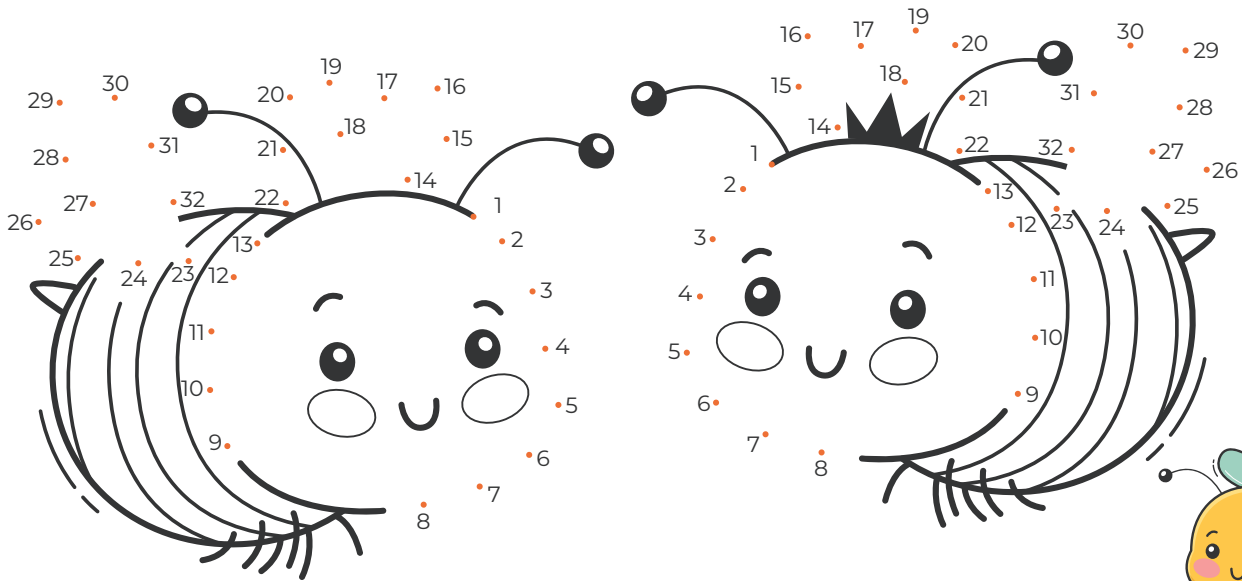
Can you think of an activity that doesn't involve screens? Trace some of the examples in the list below. What is your favorite activity that doesn't involve screens? What is something that you like to do that isn't listed? Draw it in the square below!

Dance  
Read  
Sing  
Play  
Draw



## COLOR BY NUMBER

Connect the dots, then color the bees.  
What do you think their favorite activity is?



OUR FAVORITE ACTIVITY IS \_\_\_\_\_

Name \_\_\_\_\_

Grade \_\_\_\_\_ Teacher \_\_\_\_\_

