

HEALTHY HABITS CHALLENGE

KIDS

Complete at least 12 of the 20 activities to be entered into a prize drawing.

- Go for a walk for at least 10 minutes.
- Turn on your favorite song and dance your heart out.
- Go swimming, toss water balloons, or run through the sprinkler or hose.
- Say no to soda and sugar drinks for one week.
- Let out your inner animal – hop like a bunny, crawl like a crab, or leap like a frog.
- Create your own hopscotch game, and then test it out.
- Play sock basketball – toss balled up socks into laundry baskets.
- Stretch out those muscles for at least 10 minutes.
- Try a fruit or vegetable you've never had before.
- Read a biography about an athlete.
- Being active has a ton of benefits! List 5.
- On your mark, get set, go! Choose a finish point and race someone to the end.
- See how long you can keep a balloon or ball in the air without dropping it.
- Meditate for at least 5 minutes.
- Do some kind of outdoor activity at a park or playground.
- Set a timer and clean your room as fast as you can – can you beat your friend or sibling?
- Do jumping jacks every time a commercial comes on TV.
- Go for a hike and take note of all triangular objects you see.
- Try out an activity you haven't done in a while, like hula hooping, jump rope, or playing frisbee.
- Those muscles need a break – take a nap!

Cut on dotted line and return this portion to the Carrollton Public Library to be entered in the drawing for a Fitbit Ace.

ENTRY FORM - KIDS

Participant's Name: _____

Parent or Guardian's Name: _____

Phone # or Email: _____

