

Jump Rope for Heart

**Hey Kids!**

**Read the message below to partake in the Virtual Jump Rope for Heart, as well as some fun activities each week for the next month! We are on week three now!**

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| **Join us for #VirtualJump!**  Starting Monday, May 25, Heart & Stroke is sharing free, downloadable activities for families to do at home together. Each week will focus on a different EASY healthy habit  **The goal is 100,000 kids helping kids and learning healthy habits at home.**  To begin receiving weekly activities throughout the month of June, join us!  [**Join Us**](https://can01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fsupport.heartandstroke.ca%2Fsite%2FR%3Fi%3DehPb79iP-rh68ButmgEpzg&data=02%7C01%7CAllison.Tadey%40lethsd.ab.ca%7C8d425c2d745f43e48f6408d7fccc07bf%7C3c0e8b63e64e4c8da40f1d213b670472%7C0%7C0%7C637255825614430218&sdata=V30DDbmLtnqLZodtkkEFF4sK66XUlu6aqIrFn3iqT6I%3D&reserved=0) |

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If you sign up for #VirtualJump, you will get some free activities from Heart & Stroke sent to you at home! Each week will focus on a different **EASY** healthy habit. We will also give you some activity ideas here, too!

For this third week, **S** is for **S**creens for 2 hours or less (outside of class work)

To help you get moving, check out the **Alternative Activities List** (below) for some fun activities to do in place of screen time!

**Alternative Activities List**

**Instead of Screen time you could . . .**

1. Go on a Nature Walk
2. Make a craft from recycled materials
3. Read/write/tell a story
4. Do/Create a wordsearch or a crossword
5. Build a fort
6. Play/Create a board game
7. Find a recipe to bake/cook
8. Clean/reorganize your bedroom
9. Build an obstacle course
10. Colour/Draw a picture
11. Make up a song
12. Go for a bike ride
13. Create a giant hopscotch route
14. Listen to music and make up some dance moves
15. Do a workout
16. Practice juggling
17. Learn a magic trick
18. Play dress up and have a silly fashion show
19. Put on a puppet show
20. Do a puzzle