DESCREENED
LESS SCREEN. MORE LIFE.

SCREEN-FREE ACTIVITY 03

Move & Play Challenge

Complete the movement trail and see how energized you feel.

AGES	TIME	YOU NEED
6-11	**15-25 min**	**Open space + water**

HOW TO PLAY

Complete each movement safely. Rest whenever you need to. Ask an adult before doing this activity outdoors.

1. ☐ 10 jumping jacks
2. ☐ Balance on one foot for 15 seconds
3. ☐ Walk like a bear for 10 steps
4. ☐ Do 8 gentle squats
5. ☐ Dance to an imaginary song for 30 seconds
6. ☐ Touch your toes, then reach for the sky 5 times
7. ☐ Hop like a frog 8 times
8. ☐ March in place for 45 seconds
9. ☐ Create your own silly movement
10. ☐ Take 5 slow breaths to cool down

HOW DO YOU FEEL NOW?

Circle one: CALM | HAPPY | ENERGIZED | PROUD | TIRED