

MARCH NEWSLETTER

2024-2025 | K-2



2

2 HOURS OR LESS
OF SCREEN TIME

Name _____

Grade _____

Teacher _____

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 your body to grow up to be strong and healthy!



ACTIVITY:

What day of the week is it? Can you do the exercise/activity that matches what day of the week it is? Try and do each exercise this week!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10 JUMPING JACKS	5 BUNNY HOPS	20 SECOND RUN IN PLACE	15 SQUATS	30 SECONDS OF MEDITATION/ SEATED SILENCE	10 SITUPS	1 MINUTE OF STRETCHING

JOKE!

Why did the video game console decide to take a vacation?
Because it was tired of being played all the time!

BE YOUR BEST YOU!

Matching emotions. Read the situations below. Can you draw a line to match the Fit Kid's emotion to how the situation would make you feel!



Angry

It's your birthday!



Embarrassed

Your brother takes your toy away from you without asking



Happy

You hear a loud boom of thunder



Scared

You tripped in front of your classmates walking into school



Sad

You had plans to play with your friends but you get in trouble

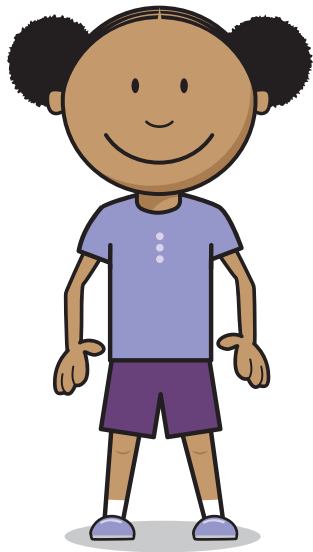
**Fitness
for Kids
CHALLENGE**

AN INDEPENDENT HEALTH FOUNDATION PROGRAM

For more information and activities visit:
www.FitnessForKidsChallenge.com

CHALLENGE:

Screenless Bingo! There are so many things you can do that don't involve screens! See if you can get bingo below by completing 3 activities in a row this week! Which one was your favorite?



Go for a walk or exercise



Color or draw a picture



Play with a friend



Listen to music



Write/draw your own below!

Read a book



Have a dance party



Do something nice for a family member/ friend

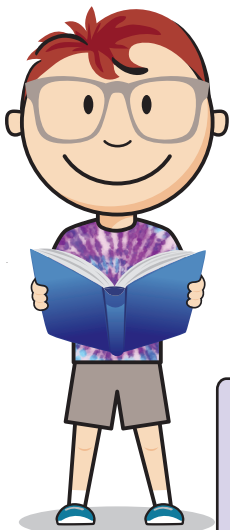


Eat a healthy snack

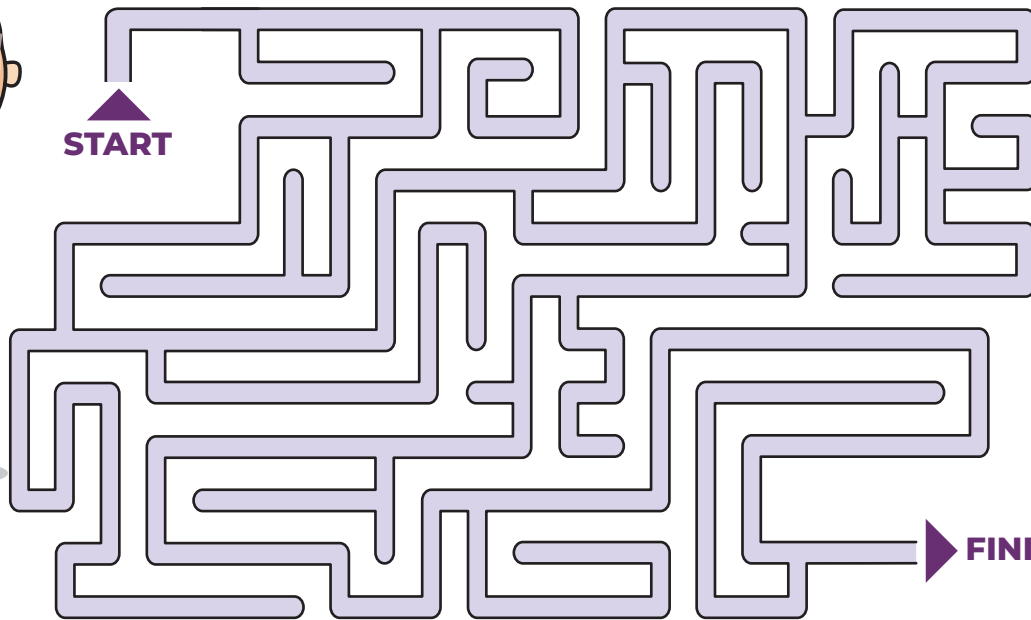


SOLVE THE MAZE

Jake wants to loan his favorite book to his friend. Help Jake find his way through the maze to Marco.



START



FINISH

