



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Switch Off Challenge!

Screens are everywhere! Challenge yourself to reduce screen time, get active, and have fun!

Switch Off Challenge video: <https://fit.sanfordhealth.org/resources/switch-off-challenge-video>

For ideas on what to do while your screens are off check the links below!

- Select this link to learn more about why you may spend so much time on screens and other activities to do: <https://fit.sanfordhealth.org/resources/ideas-to-reduce-screen-time-video>
- Select this link for crafts, cooking, and more: <https://www.ymcaspbc.org/kidscorner>
- Prepare for National Field Day on May 8<sup>th</sup> with these activities: <https://openphysed.org/wp-content/uploads/2020/04/NFD2020-WestCoastActivityPacket1.pdf>
- Create your own game with the template on the next page!



