

Healthy
Activities for

SCHOOL

VACATION

Want something healthy and fun to do over school vacation? Try some of these activities.

Circle each activity when completed. Complete as many as you can!



www.iowahealthieststate.com/5210

Name: _____ Vacation Dates: _____

- Cook dinner for your family
- Look through your fridge and make up new healthy recipes. Write them down and try them out!
- Make a fruit smoothie
- Go on a hike
- Go sledding
- Learn all the lyrics to your favorite song
- Teach your pet a new trick
- Volunteer in your community
- Have a picnic with a group of friends
- Play tug of war, hopscotch, or red rover in the snow
- Teach yourself a new language – or make one up with your friends!
- Set up a tent or sleeping bags in your backyard and camp out
- Go swimming
- Play cards
- Make a music video for your favorite song with friends
- Sketch or paint a plant growing in your backyard
- Set a fitness goal for yourself (example: 20 push-ups in a row) and work towards it every day
- Create your own Mad Libs and fill them out with friends and family
- Find a community event you wouldn't normally go to and check it out
- Become an expert on something you're interested in by going to the library for a day and reading all about it
- Join or start a book club
- Handwrite a letter to a family member or friend
- Have a sandcastle or snowman making contest with your friends
- Go bowling

WHAT ELSE DID YOU DO?

**unplugged
can be fun!**