DO A QUIET ACTIVITY



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22,

HAVE A PILLOW FIGHT



DOAYOGAFLOW



DANCE LIKE CRAZY!

DRINK A GLASS OF MILK



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EAT A LARGE SNACK



READ A BOOK IN BED



WATCH TV AND SNACK





LISTEN TO QUIET MUSIC



ROCK OUT WITH LOUD MUSIC



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DRINK A GLASS OF WATER



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DRINK A GLASS OF SODA



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TIDY UP YOUR ROOM



MESS UP YOUR ROOM



HAVE A DARK, QUIET ROOM



HAVE A BRIGHT ROOM



BRUSH YOUR TEETH





2,

EAT SOME CANDY



GO TO BED ON TIME





227

STAY UP LATE



TAKEA BATH



HULA HOOP UNTIL YOU SWEAT



STRETCH



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JUMP ROPE



CHANGE INTO PAJAMAS











SAY GOODNIGHT TO FAMILY



RUN AND PLAY OUTSIDE



DIM THE LIGHTS AND READ



PLAY VIDEO GAMES



WASH HANDS AND FACE



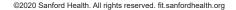
PLAY OUTSIDE



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DRAW A PICTURE





READ FROM A TABLET



WRITE IN A JOURNAL



WRITE ON A COMPUTER



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DOAPUZZLE





22,

PLAY A VIDEO GAME



PLAY QUIETLY



JUMP ON BED



BREATHE



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