Get Up & Move!

Community Activity
Series 1: April

Community Clean Up
This month’s community activity lets you build on the idea of turning off the TV and being physically active. Physical activity can also be coupled with community service. This month you can be physically active and give back to your community as a club!

At your next club meeting, use part of the meeting time to go outside and pick up trash around the area where your club meets. You may find that there is a lot more trash on the ground than you thought! This activity will not only get you moving, but will also teach you about the importance of not littering and keeping the environment clean. Don’t forget that picking up trash is considered to be physical activity. Make sure to record the amount of time you spent being active in your physical activity log for the month! Also, be sure to wear protective clothing and gloves while working and make sure that you have adult supervision.

Also, take time this month to call your village hall or community center to find out if there are any community cleaning projects that you and your family, friends, or club members could become involved in. Try to complete at least one community service project this month. When you have completed your service, answer the questions below. Giving back to the community will not only get you moving, but is also a great way to meet new people in your community!

What type of community service did you do and how much time did you spend doing it?
______________________________________________________________________________
______________________________________________________________________________

Who benefited from your efforts?
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Did you feel like you helped improve your community? Why?
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______________________________________________________________________________
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