Alternative Family Activities

This month’s family activity encourages you and your family to use your imaginations to think of alternative activities to watching TV. In order to get your imaginations warmed up, plan a family trip to your local library and find a book about being more physically active and creative with activities. Some suggestions for books that encourage using your imagination are Something Shiny, Something Round, The Topsy Turvey Towel, or The Things a String Can Be, all by Julie Goulis and John Ferguson. Other options include books about physical activity, such as The Busy Body Book: A Kid’s Guide to Fitness, by Lizzy Rockwell and Why Should I Get Off the Couch?: And Other Questions about Health and Exercise, by Louise A. Spilsbury. Feel free to explore other options as well!

One evening after you and your family finish dinner, read the book you found together instead of watching television. Discuss the book as a family and brainstorm evening and weekend activities that do not include watching TV.

What are some of the activity ideas that you and your family thought of?
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______________________________________________________________________________
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What activities did your family actually do from your brainstorm list?
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TV Advertisement Challenge:
If you are watching TV as a family, consider activities to reinforce healthy eating. Next time you and your family are watching television, chose three food products that are being advertised and classify them using the chart below. If you need more space than is given, use the back of this paper or an extra sheet of paper. Remember, most television commercials are trying to sell products, but it is up to you to decide which ones are healthy!

<table>
<thead>
<tr>
<th>TV Ad Challenge</th>
<th>Food</th>
<th>“More healthy” or “Less healthy”</th>
<th>Why is it “more” or “less” healthy?</th>
</tr>
</thead>
<tbody>
<tr>
<td>product 1</td>
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<td>product 2</td>
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<td>product 3</td>
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</table>

(Source: www.screentime.org; www.bubblegumbooks.com; www.barnesandnoble.com)