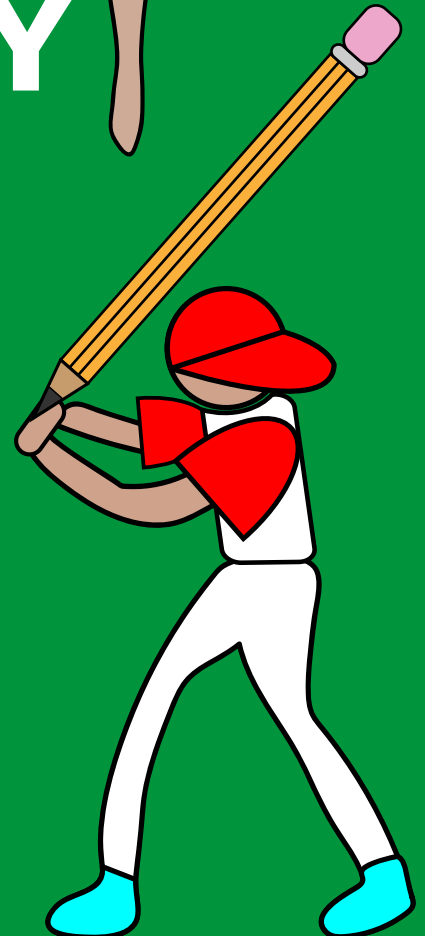




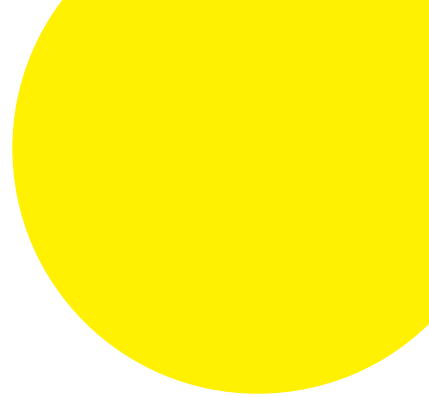
Asphalt Green



SCREEN-FREE
**ACTIVITY
BOOK**



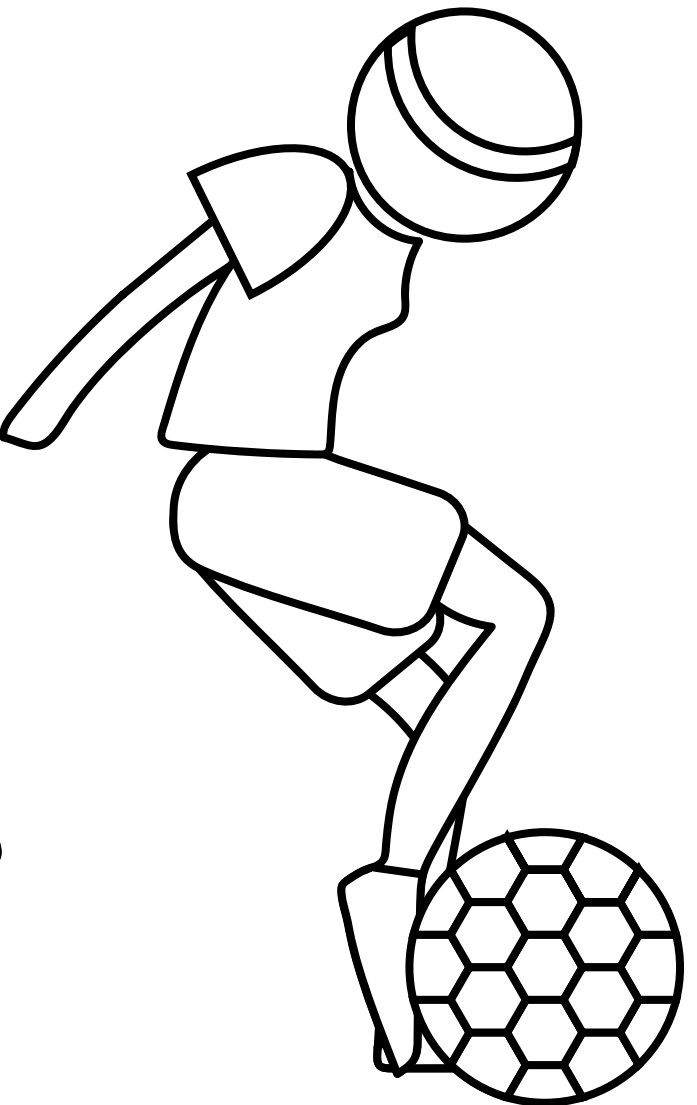
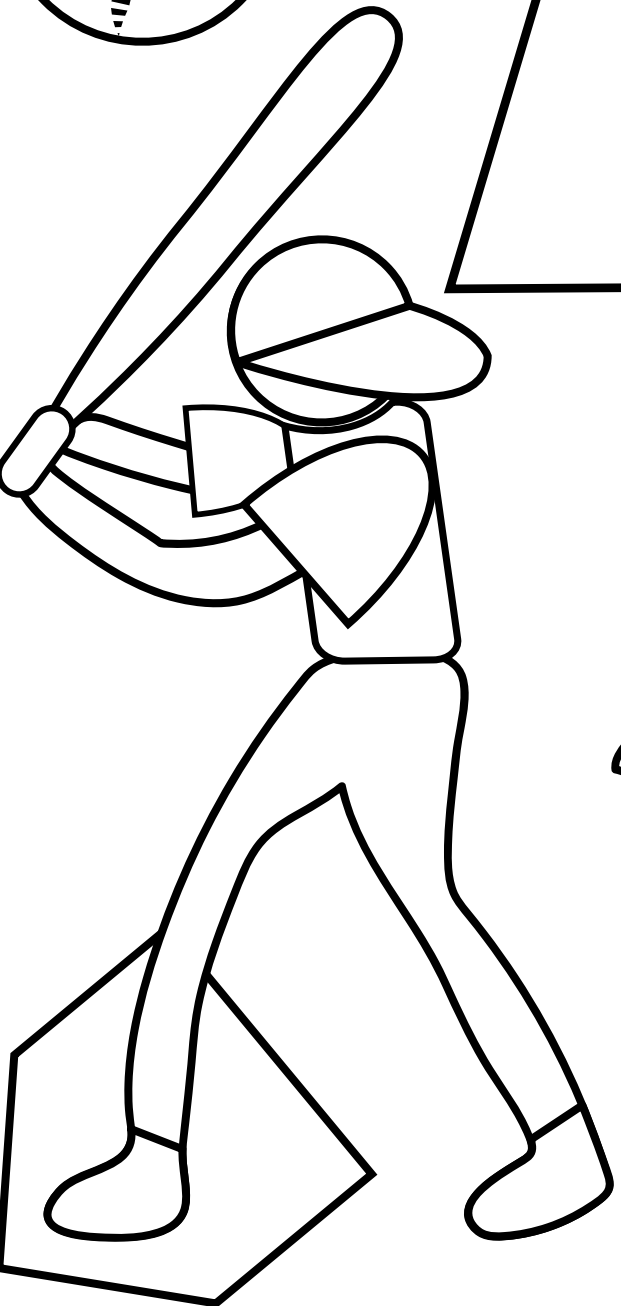
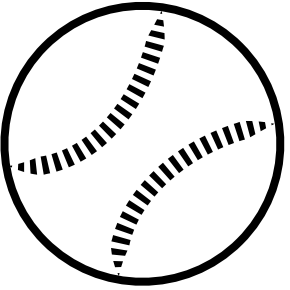
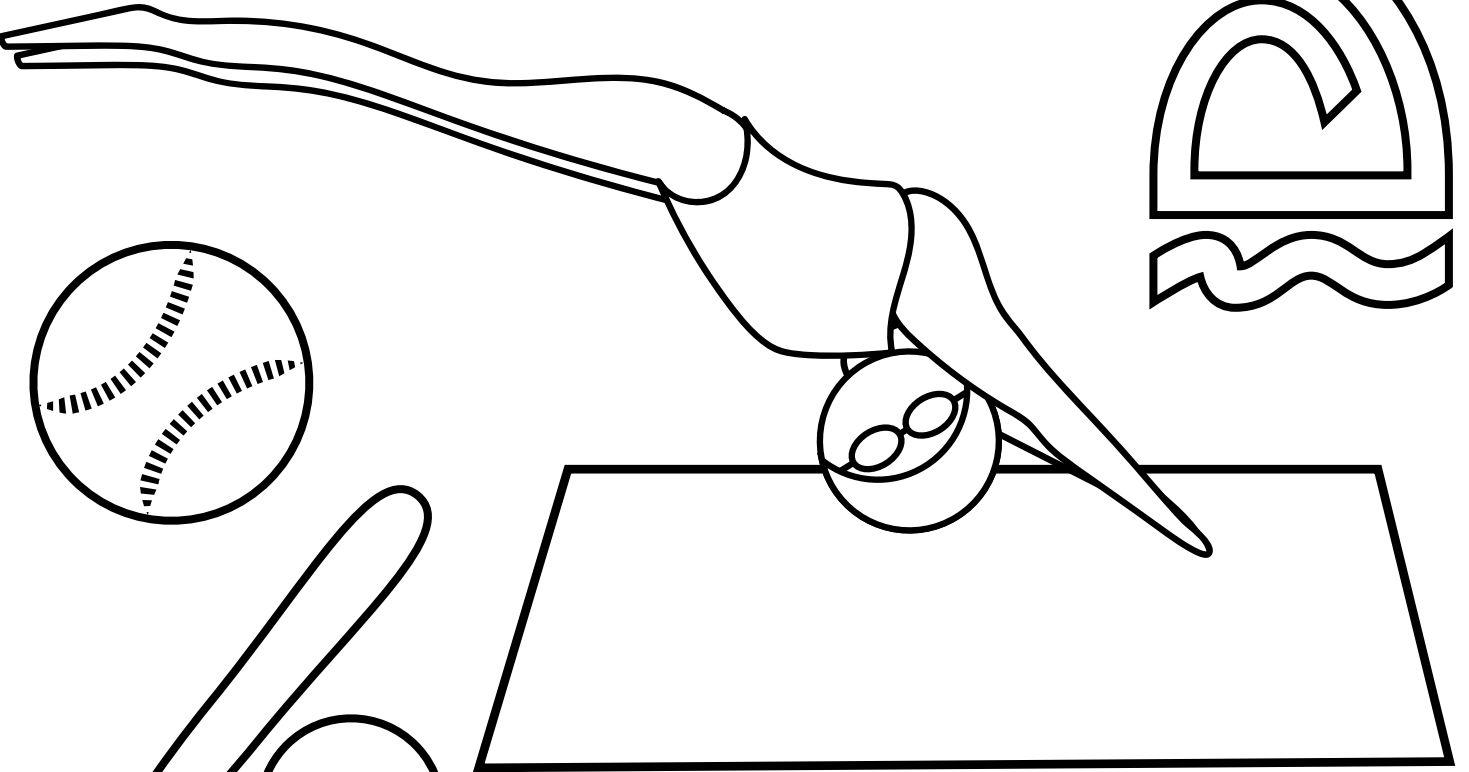
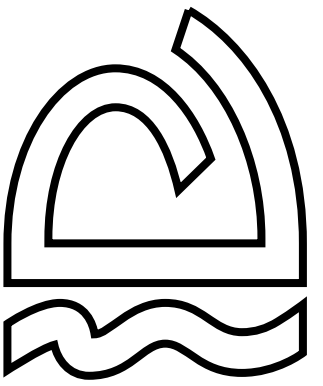
EDITION 4

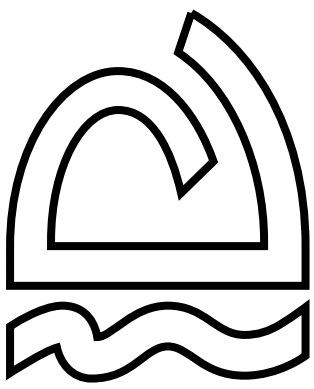


Unplugged activities to foster healthy bodies and minds

More time at home means your child may be spending more time in front of a screen. However, too much screen time may take a toll on your child's well-being. To help, Asphalt Green's expert coaches, educators, and trainers rounded up some of their favorite activities to get kids physically and mentally active, unplugged.







GAME



FITNESS SCAVENGER HUNT

Keeep kids engaged and moving indoors with an active scavenger hunt. Creativity is encouraged. Here is how to play:

RECOMMENDED AGE:

5-10 years

WHAT YOU WILL NEED:

Music ready to play

Instruct your child to find an item on the list. We recommend following the order below.

When your child brings you the item, instruct him or her to do the exercise associated with it. Give your child the next item to find.

Repeat this cycle until you finish the list. Make it more challenging by setting a timer to see how quickly your child can complete the scavenger hunt and exercises.



Square-shaped pillow

Jump in a square shape.

Place the pillow on floor. Jump forward, to the side, backward, then to the opposite side. Completing one square is one repetition. Do 10 repetitions.



Big book

Get in a squat position, and read one page of the book.

(A PARENT CAN READ THE PAGE IF YOUR CHILD CANNOT READ.)



Something you open

Balance on your right foot for 30 seconds.

BONUS POINTS IF YOU OPEN YOUR ITEM WHILE BALANCING!



Colorful towel

Count how many colors are on the towel.

The number of colors on the towel is the number of jumping jacks you must complete.



Something you button

Balance on your left foot for 30 seconds.

BONUS POINTS IF YOU BUTTON YOUR ITEM WHILE BALANCING.



Stuffed animal

What type of stuffed animal did you find? Is it a bear? A bunny?

Act like that animal for 30 seconds.



A snack that is crunchy and healthy

Healthy snacks make your stomach smile.

Lie on your stomach and pretend you are flying as if you are superman for 30 seconds. Lift your legs and arms off of the ground as you fly.



Rolled-up socks

Test your balance and coordination. Throw the rolled-up socks in the air with one hand, then catch it with the other. How many can you complete in row without dropping the socks? **MAKE IT HARDER: BALANCE ON ONE FOOT WHILE THROWING THE SOCKS.**



Ball

Place the ball on the ground. Tap the bottom of your foot on top of the ball.

Complete 20 repetitions. **MAKE IT HARDER: ADD A HOP BETWEEN EACH TAP.**

GAME



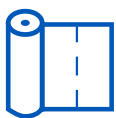
FITNESS SCAVENGER HUNT


Something stinky

Something stinky might make you crabby.

Crab walk from one end of the room to the other.

Start on your bottom with your hands behind your back and legs bent at the knees. Lift your bottom off the ground. Keep your belly as parallel to the ground as possible. Move forward, backward, and laterally like a crab.


Paper towel roll

Finding the paper towel roll makes you feel like a star, so it's time to do star jumps!

Squat to touch the ground, then explode into the air, reaching your arms and legs out as soon as your feet leave the ground. Make sure to say, "I'm a star," at the top. Do 10 repetitions.


Toilet paper roll

TP time is 180 squat time! Place the toilet paper roll in front of you.

Bend down, keeping the weight in your heels, to pick up the toilet paper roll. Jump half of a circle (180 degrees).

Place the toilet paper on the ground, return to standing, then repeat 10 times.


Something you need when it's cold out

When it's cold, you need to warm up.

Skip in place for 30 seconds.


Sponge

Twist your body like a sponge.

Sit on the floor with your feet in front of you. Keep your legs still, and twist at your torso, alternating from your right side to the left 20 times.


Pillow case

Throw the pillow case in the air.

How many high knees can you do before it touches the ground?


Something you put things in

Inchworm your way toward the finish line. Start in a standing position.

Bend forward, lower your hands to ground, and keep your feet still as you walk out to a plank. From the plank, keep your hands still as you walk your feet in toward your hands. Repeat 10 times.


Paper plates

Use the paper plates to pretend like you're climbing a mountain.

Start in a plank position with your feet on the paper plates. Bring your right knee to your right elbow and your left knee to your left elbow. Complete 10 repetitions.


Your favorite toy

Finding your favorite toy calls for doing your favorite dance move.

Set a timer for 30 seconds, turn on music, and move to the beat.


A utensil you write with

You're almost there. Bicycle your way toward the finish line.

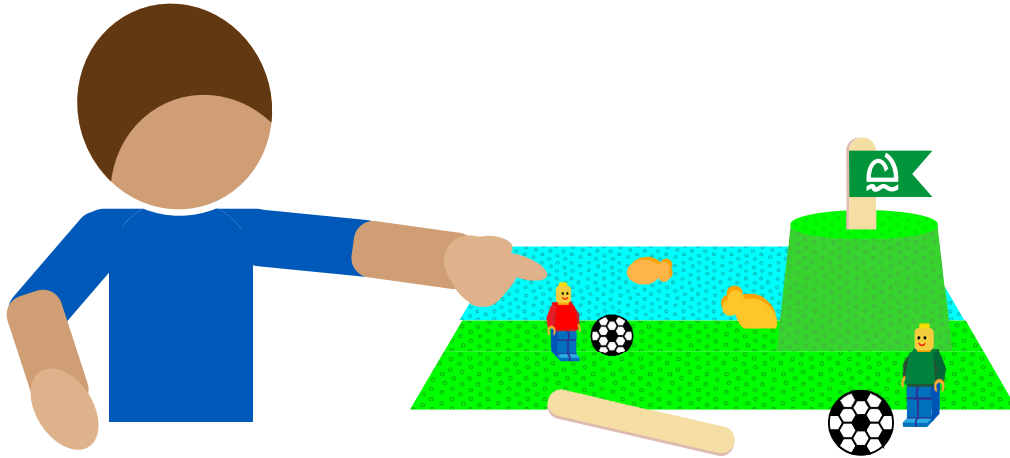
Complete 10 bicycle crunches.


Something cold

Turn on music for one minute and do a round of freeze dance.

EXPERIMENT SPORTY SAND CASTLES

Bring the beach into your home with this two-ingredient science experiment that will provide hours of sensory play.



SUPPLIES

- Measuring cups and spoons
- Food storage container with lid
- Epsom or iodized salt
- Vinegar
- Food coloring
- Paper towels or plates
- Small toys
- Scoops or small cups for dumping and filling

INSTRUCTIONS

1. Measure **one cup of salt** into your container and add **one teaspoon of vinegar**.
2. Add **food coloring**. Can you make your favorite color? Our favorite colors are blue and green.
3. Cover the **container** and shake well until color is evenly distributed.
4. Spread out the colored salt into an even layer on **paper towel** or a **plate** to dry.
5. Transfer the salt to the **container** and get digging!

What will you add to your salty beach?

Sea creatures, bouncy balls, and action figures make great additions. You could host your own game of beach volleyball! If you make a castle, will it have a moat, or a pool and a soccer field like Asphalt Green? Don't forget to add a lifeguard to keep your royal subjects safe around water!

Kids can practice writing using their fingers or a popsicle stick to spell words and draw pictures in the sand. Can you draw a basketball? Or a baseball diamond? Or a picture of your family? The sky's the limit!



When you are done with your masterpiece, share your work with Asphalt Green!

Take a picture of your sandbox and send it to submissions@asphaltgreen.org for a chance to be featured on our website or social media. Follow us on Instagram @asphaltgreen to see if your submission is selected. Then, store your salty sand in an airtight container for next time.

MAZE



Help Shecky catch a wave!

