

## Parent Activity Calendar

### JULY

● *Teach your child the personal and physical rewards of being an “active” citizen!*

#### Pick-Up Party

This month, tidy up the area around your house or neighborhood. It's a great way to get a little exercise and sunshine, and makes your environment healthier too!

If you live in an area that has a lot of litter, this can be a litter pick-up day. Get some heavy-duty trash or lawn bags and some gardening gloves for everyone. The task is simple – pick up litter and put it in the bag. (Remind children not to touch any items that could be sharp.) See how many bags you can collect.

If you live in the city, you may be able to find a local park that is having a volunteer day. Or you can sweep your block or wash your car. The point is to move your body in the sunshine, and make your environment healthier and prettier to live in.

When you're done, celebrate with some cool slices of watermelon and time at the pool or under the sprinkler!



### AUGUST

● *Get your child into the rhythm of having fun while working out!*

#### Dance On!

Dancing gets your heart rate up. It's also just fun, and fun can be healthy too. For this project, you can simply turn on music and dance around the living room together. Or, make it even more fun using these ideas:

- Watch a dance video and practice the moves until you can perform the whole thing by memory
- Use a dance video game
- Watch a video and try out some ballroom moves
- Take a dance class at a local studio
- Do country or ethnic dancing

Whatever kind of dancing you choose, make it more fun with costumes. Wear a bow tie or long scarves for ballroom dancing. Let yourselves be silly and make sure to laugh a lot!

