

Turn off the TV or computer screen and head outdoors to celebrate Move it Outside. Moving it outside encourages youth to increase physical activity levels and reconnect with nature. Decrease digital distractions and inspire students to achieve more balance by rediscovering the joys of life beyond smartphones and television screens. Skip the screen and unplug outdoors to celebrate Move it Outside day.

 



**Obstacle Course!**

A fun and creative way to get moving outside is to create a backyard obstacle course. You can use household items and get creative! Siblings can race each other or try to beat their classmate's times. Get parents / guardians involved to help you keep time or even video you to share!

<https://teachingmama.org/backyard-obstacle-course/>

**Scavenger Hunt**

Use the list below or create your own based off the class’ level. Students can get one new item each day and show to their class.

For high school students, you can do this as an activity break to have them get up and move during the school day.

