**Move it Outside Day 2022 – Morning Announcement(s)**

Following are five days of morning announcement scripts to help promote your school’s Move it Outside Day 2022 celebration.

**Thursday**

Good morning students! We ­are celebrating Move it Outside Day on Wednesday, May 4th.

Move it Outside Day is celebrated to support Screen-Free Week 2022. By spending time being active, and not watching television or playing computer or video games, you’re building a strong, healthy body.

**Friday**

Good morning students! Remember it is important to be active every day!

There are many ways we can get our bodies moving – play a game of kickball during recess, riding a bike after-school with friends, walking your dog, helping mom or dad carry in the groceries, or taking a walk with your family after dinner.

Outdoor play is important for your health and well-being. Have fun and be safe playing outside!

**Monday**

Good Morning Students! Don’t forget that playing outdoors with family and friends is a great way to be physically active. Being active is very important; you should try and be active for 60 minutes each day.

**Tuesday**

Remember students, tomorrow we’ll be celebrating Move it Outside Day.

Remember, to dress appropriately on Thursday and wear clothes you can move in and shoes you can play in.

Get ready for an active, fun day!

**Wednesday**

Good morning students! Today is our Move it Outside Day celebration!

[INSERT HOW YOUR SCHOOL WILL BE CELEBRATING Move it Outside Day].