

Active, Safe, Summer Fun with Family & Friends

1. Community School Summer Programs

Check out what summer programs are being offered through your community school and/or provide suggestions for programs you'd like to do. Be an active volunteer - maybe you can help with some of the programs.

2. Enjoy the Beautiful North/Outdoors!

You can swim, hike, bike, fish, canoe, kayak, go berry picking ... the opportunities are many ... so get outside, be active, and enjoy the fresh air!



3. Family Activity Jar

Find a jar. Have everyone in the family write down at least one (or more) physical activities they would like to do this summer. Put all the ideas in the jar. Set aside some time (i.e. once a day or once a week) and draw out an activity and then do it together as a family!

4. Geocaching? Try Something New ...

Geocaching is a high-tech scavenger hunt that's a great way for the entire family - dogs included - to get a little exercise and have a lot of fun. Cachers use global positioning satellite (GPS) units to search for caches - hidden containers filled with small trinkets like key chains, pens or small toys. Geocaching is getting very popular. Approximately 350 caches are hidden around Saskatchewan. Saskatchewan *in motion* is currently providing a two month introductory program in five communities. Following this, geocaching lending kits will be available through Saskatchewan *in motion*. Watch the *in motion* website (www.saskatchewaninmotion.ca) for more information about Geocaching *in motion* style or visit www.geocaching.com to learn more.

If geocaching isn't for you, try something else active for the first time!

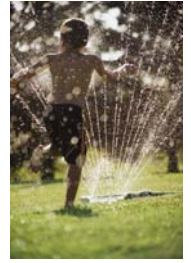
5. Keep a Family Activity Log for the Summer

Download the Saskatchewan *in motion* Family Activity Log at http://saskatchewaninmotion.ca/children/physical_activity/ for your home. Post it on your refrigerator as a statement of pride that you are a family *in motion*. Use it to help plan and track your family's daily activities for the summer. Be active, play and have fun!



6. Backyard Fun!

There are lots of ways to be active right in your own yard! Get your friends or family together to play catch; kick a soccer ball; play badminton, frisbee, horseshoes, tag; fly a kite; put on a sprinkler and play in the water



7. Visit a Park

Visit one of the beautiful park areas for a hike, go berry picking, paddle a canoe, pick mushrooms, go bird watching, or play on the play structures or beach and sand areas in the parks - or in your community. Food adds to the fun - have a healthy picnic too!

8. Make the Yard and House Work Fun!

There is always "work" to do but make it fun ... put some music on to do the staining, wash the car (and get soaked yourself), weed the garden, cut the grass, etc.



9. Have a Ball Summer Program

If you're a student who completed *Grade 4* in June 2007, you'll want to check out the Saskatchewan *in motion Have a Ball* summer program. Sign up and you'll receive a free *Action Hero* ball. Record your activity, send us your stories and share rules for ball games you create. You could win cool prizes like *Action Hero* t-shirts, water bottles and dog tags. For more information, contact haveaball@saskinmotion.ca.

10. Remember to be Safe

Drink plenty of fluids (throughout the day), water is the best choice. Plan activities for the cooler parts of the day, such as early in the morning or just before dusk (not sure if this is a concern this year!). Be sun safe - wear a hat, sunglasses, and sunscreen (SPF of at least 15).

