

# HOME CHALLENGES

## Fun in the Sun with Vita-Man D

Dear Parent/Guardian,

This month your child has been learning about having healthy, safe fun in the sun. Now we are encouraging students to take the healthy learnings home.

The *Fun in the Sun with Vita-Man D* home challenge encourages you and your child to participate in fun outdoor activities together that have been adapted from the Be Fit For Life's Active Family Bucket List.<sup>1</sup>

While participating in this challenge, keep these sun safety tips in mind: use sunscreen that blocks out both UVA and UVB rays and has a sun protection factor (SPF) of 15 or more, wear a hat or sunglasses to protect your eyes, and drink plenty of water to stay hydrated.<sup>2</sup>

Encourage your child to lead this activity for the family. Embrace this challenge to try to increase family time spent being active in the sun.

### Here is how you and your family can participate:

1. Use the *Fun in the Sun with Vita-Man D* **tracking sheet** (attached), which has 12 active outdoor activities to complete.
2. Every time you and your family complete an activity, indicate roughly how many people participated by circling the correct option. Then initial next to the activity to indicate that it has been completed. Try to complete all the activities listed!
3. At the end of the 2 weeks your child must bring the signed tracking sheet to school to give to their teacher.

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<sup>1</sup> [https://d10k7k7mywg42z.cloudfront.net/assets/5931e127d4c96144e2325932/bffl\\_bucketlist\\_final.pdf](https://d10k7k7mywg42z.cloudfront.net/assets/5931e127d4c96144e2325932/bffl_bucketlist_final.pdf)

<sup>2</sup> <https://www.albertahealthservices.ca/news/releases/2009/Page511.aspx>

# HOME CHALLENGES

## Fun in the Sun with Vita-Man D Tracking Sheet

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Outdoor Activity	Circle how many people participated	Initial
Go swimming at an outdoor pool or lake	All   Most   Some	
Go for a family walk in your community	All   Most   Some	
Go for a bike ride	All   Most   Some	
Log roll down a hill	All   Most   Some	
Collect wild flowers and make a flower crown	All   Most   Some	
Catch and release a bug	All   Most   Some	
Create your own hopscotch with sidewalk chalk	All   Most   Some	
Play in a sprinkler	All   Most   Some	
Go to a park and kick a ball around	All   Most   Some	
Play frisbee or catch a ball	All   Most   Some	
Climb a tree	All   Most   Some	
Go for a hike or nature walk	All   Most   Some	