**Participation eligibility: Early Childhood-Rising 5th Grade**

CONNECT

Summer Break Activity Card

Return completed Connect FOUR to Drop boxes located at: Petersburg Library, Parks & Recreation, Boys & Girls Club and YMCA of Greater Petersburg. Return no later than September 10, 2019. The school with the highest participation wins the Mayor’s Cup!
For each activity you complete during summer break, write the bold word for that activity into one of F, O, U, or R squares on the front of this card. If you do a Fitness activity, write the bold word in the F column. Complete at least one activity in each of the FOUR areas to get a connect FOUR down, or diagonally on the board! Student from early childhood to rising 5th grade, complete and turn in your card by September 10, 2019 to Drop boxes located at: the Petersburg Library, Parks & Recreation, Boys & Girls Club and YMCA of Greater Petersburg. The school with the highest participation wins the Mayor’s Cup!

**F** (FITNESS)

Ask an adult, or older family member to go for a walk.

**Stretch** every day for 5 days.

Do 5 **sit-ups** every day for 5 days.

Have a **dance** party at your house.

Do 5 **jumping jacks** every day for 5 days.

Do 5 **squats** every day for 5 days.

Write down a **goal** to become healthier this summer or this school year.

After working out, write down how you **feel**.

Do a **push-up** challenge with a friend or family member.

**Watch** the sun rise and/or set for two days and note the time differences.

Go for a **walk** or **bike ride** with a family member or friend.

Play an outside game with friends.

**O** (OUTREACH)

**Donate** to a local cause, every gift counts!

**Ask** an adult how you can help with chores at home.

**Help** make dinner with an adult at home.

Donate canned goods to the **Hope** Center.

Do a **good** deed for a friend, family member, or neighbor.

Donate gloves, hats and/or scarves to the Rotary Club coat **drive**.

**Write** a kind note or letter to a friend, family member or neighbor.

Find a friend to make up a **story** with. Take 4 turns each adding to the story. **Optional: Illustrate your story**

**U** (UNPLUG)

Turn your **phone** off for 30 minutes.

Spend some **time away** from a screen every day.

**Think** about what it felt like to turn your phone off.

Interview a family member or friend to learn more about them.

Turn the **TV** off for 30 minutes.

Turn your phone off during **family dinner** or **family meals**.

Ask a family member to **play** a board or card game.

Go **unplug** outside for 15 minutes without technology.

Use all of your **senses** (sight, hearing, taste, smell, touch) when you go outside to play. What's your favorite sense?

**Draw** a **map** of your neighborhood or street.

**Collect** different leaves, cones, nuts, rocks or pieces of nature.

**Collect** wildflowers and place them in water.

Place a **seashell** at your **ear** and listen for the ocean.

**R** (READING)

Visit the Petersburg Public **Library** and get a library card.

Then, check out a **book**!

Read a book that was made into a **movie**, and then watch the movie.

Read a book by a Virginia **author**.

Learn of a favorite book that an adult read as a **child** and read it yourself!

**Read** a book to a younger family member or friend.

Write or Illustrate a **story**, comic strip, article or book about your life.

Read a book underneath the **table**.

Read a book in the **car**.

Read **license** plates during a car ride to determine the farthest state you see.

Read a restaurant **menu** instead of having an adult read it for you.

**Research and write down** three reasons why students should come to school every day.

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