



Play Days Passport

At Home Edition

Hi _____! Here is your very own **At My Best Play Days Passport!**
(print your name)

Take time to play and focus on healthy choices by completing the physical activity, healthy eating, and emotional well-being activities below. Once you have completed an activity, put a checkmark through the star for that activity and give yourself a pat on the back. Encourage others in your home to join in the fun!

Physical Activity

Walk, bike, or wheel around the neighbourhood with your family members.*



Create your own game using equipment from recycled material.



Participate in a family dance party. Select a few of your family's favourite songs and incorporate as many dance moves as you can.



Learn about and play a game from a different culture other than your own.



Healthy Eating

Celebrate the first day of summer by having a family picnic in your yard or local greenspace.



Create a snack that will keep you and your family cool during a hot summer's day.



Create a list of conversation topics or fun questions for your family at meal times. Choose one to discuss each time you sit down to eat together.



Use the ingredients you have available at home to either try a new meal or make a favourite meal. Help prepare the meal and enjoy it together.**



Emotional Well-Being

Perform a random act of kindness for your family members (e.g., do something nice, write a special note).



Enjoy a family board game night or spend time together to create something (e.g., birdhouse, airplane).



Talk with a family member about the importance of spiritual, emotional, intellectual, and physical domains for overall health and wellness.



Focus on grounding yourself by practicing yoga or meditation. Do this on your own or with other family members.



*Ask a family member for permission to walk or bike around the neighbourhood.

**Ask a family member to support with washing and chopping foods and working the oven.

Students, teachers, and classes - share your **At My Best** Play Days photos, videos, or stories on Twitter or Instagram @PHECanada using #AMBPlayDays. Keep being at your best!