

Ideas for your
healthy family

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Movie night

Create a night at the movies for the whole family!

- Kids create a concessions stand menu poster with prices.
- Do different tasks to earn pretend money to buy snacks and the movie ticket.
- It could be a chore-based ... make your bed for a \$1.
- It could be fitness-based ... do 20 jumping jacks for a \$1.
- Have a competition or vote to see who chooses the movie!

