

My Activity Log

SATURDAY

Jan. 26

☐ I was COMPLETELY unplugged

I reduced my...

- ☐ Screen time
- ☐ TV time
- ☐ Video game time
- ☐ Social media time

I also...

- ☐ Was active
- ☐ Played outside
- ☐ Read
- ☐ Spent time with family

SUNDAY

Jan. 27

☐ I was COMPLETELY unplugged

I reduced my...

- ☐ Screen time
- ☐ TV time
- ☐ Video game time
- ☐ Social media time

I also...

- ☐ Was active
- ☐ Played outside
- ☐ Read
- ☐ Spent time with family

MONDAY

Jan. 28

☐ I was COMPLETELY unplugged

I reduced my...

- ☐ Screen time
- ☐ TV time
- ☐ Video game time
- ☐ Social media time

I also...

- ☐ Was active
- ☐ Played outside
- ☐ Read
- ☐ Spent time with family

TUESDAY

Jan. 29

☐ I was COMPLETELY unplugged

I reduced my...

- ☐ Screen time
- ☐ TV time
- ☐ Video game time
- ☐ Social media time

I also...

- ☐ Was active
- ☐ Played outside
- ☐ Read
- ☐ Spent time with family

WEDNESDAY

Jan. 30

☐ I was COMPLETELY unplugged

I reduced my...

- ☐ Screen time
- ☐ TV time
- ☐ Video game time
- ☐ Social media time

I also...

- ☐ Was active
- ☐ Played outside
- ☐ Read
- ☐ Spent time with family

THURSDAY

Jan. 31

☐ I was COMPLETELY unplugged

I reduced my...

- ☐ Screen time
- ☐ TV time
- ☐ Video game time
- ☐ Social media time

I also...

- ☐ Was active
- ☐ Played outside
- ☐ Read
- ☐ Spent time with family

FRIDAY

Feb. 1

☐ I was COMPLETELY unplugged

I reduced my...

- ☐ Screen time
- ☐ TV time
- ☐ Video game time
- ☐ Social media time

I also...

- ☐ Was active
- ☐ Played outside
- ☐ Read
- ☐ Spent time with family

SATURDAY

Feb. 2

☐ I was COMPLETELY unplugged

I reduced my...

- ☐ Screen time
- ☐ TV time
- ☐ Video game time
- ☐ Social media time

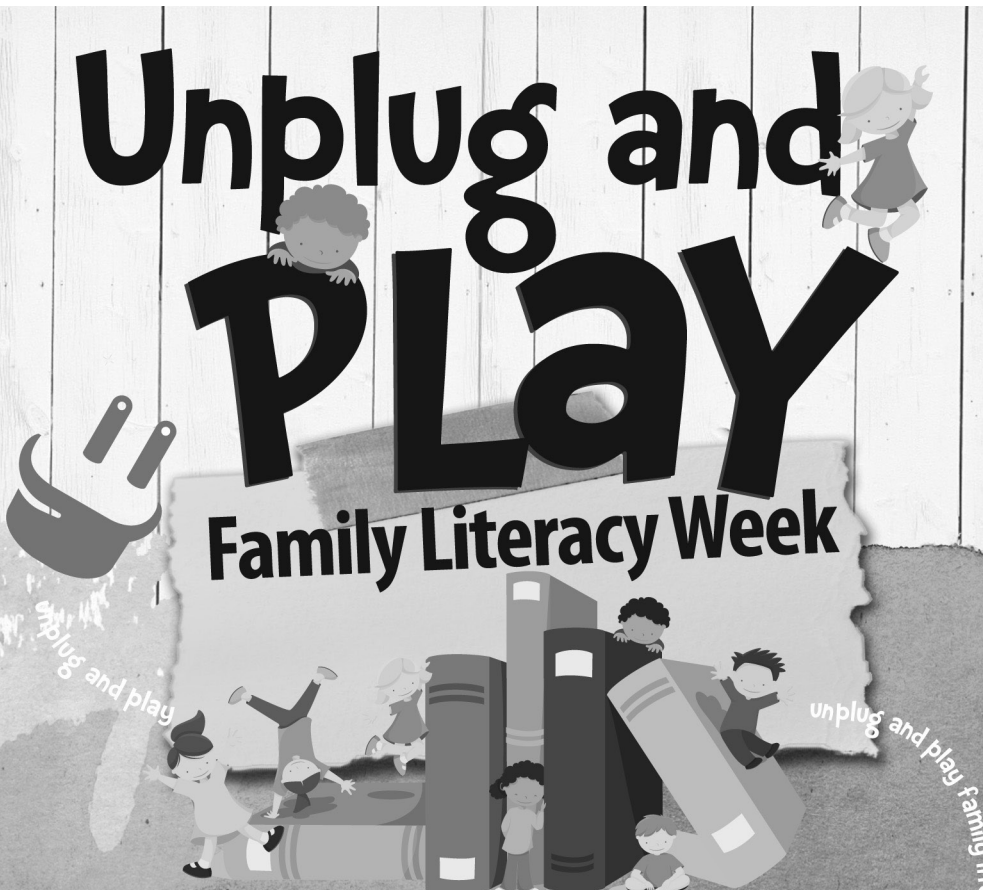
I also...

- ☐ Was active
- ☐ Played outside
- ☐ Read
- ☐ Spent time with family

Tell us about some of your favourite screen free activities:

Unplug and Play

Family Literacy Week



unplug and play family literacy week January 26 to February 2, 2019 unplug and play fa

Challenge 2019

JANUARY 26 - FEBRUARY 2, 2019

NAME: _____ AGE: _____
 PHONE: _____ SCHOOL: _____

YES! I accept the challenge! I am participating in the Unplug & Play challenge from Saturday, January 26 to Saturday, February 2, 2019.

I pledge to:

1. Have less screen time (TV, iPad or tablet, smartphone, computer etc.)
2. Spend more time playing unplugged. For example: walking, skating, swimming, board games, baking, listening to audio books etc.
3. Have more family time!
4. Read more!

Hand in your completed Challenge Sheet to your neighbourhood school office by Friday, February 8, 2019 for a chance to win some great prizes.

For full event details visit: shuswapliteracy.ca.

All Week

"Jam the GM" Children's Book Drive

- > SALMON ARM GM and PICCADILLY MALL
- > SICAMOUS HEALTH UNIT, ARENA & RESOURCE CENTRE
- > ENDERBY LIBRARY BRANCH
- > SOUTH SHUSWAP LIBRARY BRANCH

Bring a Book to Work Week

- > ALL COMMUNITIES

Saturday, January 26

Armstrong Have Fun With Dance

- > ARMSTRONG DANCE ACADEMY
- > CREATIVE MOVEMENT (AGES 3-4) 9:30AM - 10AM
- > PRE-BALLET (AGES 5-6) 10AM - 10:30AM
- > DANCE SAMPLER (AGES 7-8) 10:30AM - 11:15AM
- > DANCE SAMPLER (AGES 9-12) 11:15AM - 12NOON
- > HIP HOP (AGES 9-12) 10:45AM - 11:15
- > HIP HOP (AGES 7-8) 11:15AM - 11:45

Pre-registration required, contact
Armstrong Dance Academy at
250-546-0308.

South Shuswap Clay Art

- > ARTS COUNCIL FACES LOWER CARLIN HALL
- 9:30AM - 12 NOON

6 - 10 years old. Pre-registration required.

Sicamous Family Yoga and Crafts

- > SICAMOUS I AM YOGA STUDIO 10AM - 12 NOON

Sicamous Ozobots

- > SICAMOUS LIBRARY BRANCH 10:30AM - 1PM

Enderby Storytime and Science Lab

- > ENDERBY LIBRARY BRANCH 10:30AM
- Registration encouraged.

Salmon Arm Theatre Fun

- > SHUSWAP THEATRE 12NOON - 1:30PM

South Shuswap Okanagan World of Reptiles

- > SOUTH SHUSWAP LIBRARY BRANCH 2PM

Sunday, January 27

Salmon Arm Unplug & Play Family Swim

- > SALMON ARM RECREATION CENTRE 1PM - 4PM

Armstrong Family Rollerskating

- > HASSEN ARENA ARMSTRONG 3PM - 4:30PM

Armstrong Family Ice Skate

- > NORVAL RECREATION CENTRE 3:45PM - 5:45PM

Enderby Family Ice Skate

- > ENDERBY ARENA 5:30PM - 6:30PM

Monday, January 28

Armstrong Storywalk Launch Event

- > ARMSTRONG VISITOR CENTRE 2PM-4PM

Salmon Arm Family Curling Night

- > SALMON ARM CURLING CLUB 4PM - 6PM

Bring clean indoor shoes.

South Shuswap Bird of Prey

- > SOUTH SHUSWAP LIBRARY BRANCH 4PM - 5PM

Salmon Arm Early Years Fair

- > SALMON ARM WEST ELEMENTARY 4:30PM - 6:30PM

Under the Lights Family Snowshoe Night

- > LITTLE MOUNTAIN SPORTS FIELDS 5PM - 7PM

Bring snowshoes and headlamps if you
have them. Some snowshoes will be
available.

Tuesday, January 29

Salmon Arm Puppets with Ardie

- > SALMON ARM STRONGSTART DESC 11:00AM - 11:30AM

Sicamous Build Tic Tac Toe

- > SICAMOUS LIBRARY BRANCH 2:30PM - 3:30PM

Enderby Board Games

- > ENDERBY LIBRARY BRANCH 2:30PM

Armstrong Magic Show with Leif David

- > ARMSTRONG ELEMENTARY SCHOOL 4PM

Salmon Arm PJ Storytime Event

- > BASTION ELEMENTARY SCHOOL 6:00PM - 7:00PM

Wear your PJ's and share a treat and story.

Enderby Magic Show with Leif David

- > ENDERBY MV BEATTIE GYM 6:30PM

Armstrong Drop-In Story Walk™

- > ARMSTRONG VISITOR CENTRE

Wednesday, January 30

Sicamous Gym Stations at StrongStart

- > PARKVIEW ELEMENTARY 9:45AM - 10:15AM

Enderby Create Poems & Explore the Library

- > ENDERBY LIBRARY BRANCH 2:30PM

Ages 9+, registration encouraged.

Sicamous Crazy Hat Skate with the Eagles

- > SICAMOUS ARENA 2:30PM - 3:30PM

Sicamous Keva Planks - Build It!

- > SICAMOUS BRANCH LIBRARY 2:30PM - 3:30PM

Dance & Drum Party With Kristian Power

- > SOUTH SHUSWAP BRANCH LIBRARY 3PM

Storytime & Puppet Play "Moon Baby" by Runaway Moon Theatre Company & Ardie

- > SALMON ARM DESC 4PM-4:45PM

Enderby Come Try Curling

- > ENDERBY CURLING CLUB 3PM - 4:30PM

Bring clean indoor shoes.

Armstrong Drop-In Story Walk™

- > ARMSTRONG VISITOR CENTRE

Thursday, January 31

Enderby Kids and Co.

- > ENDERBY DRILL HALL 9:30AM - 11:30AM

Skating and Books with the 'Backs

- > SALMON ARM SHAW CENTRE 2:45PM - 4:15PM

Enderby Youth Shinny (ages 8-11)

- > ENDERBY ARENA 2:45PM - 3:45PM

Makerspace & Uncle Chris the Clown

- > SICAMOUS PARKVIEW ELEMENTARY 5:30PM - 7:15 PM

Carlin Winter Fun Party

- > CARLIN ELEMENTARY-MIDDLE SCHOOL 6PM - 7:30PM

Sledding if there's snow!

Armstrong Drop-In Story Walk™

- > ARMSTRONG VISITOR CENTRE

Friday, February 1

Sicamous Family Yoga with Nicole

- > PARKVIEW ELEMENTARY STRONGSTART

9:50AM - 10:30

Salmon Arm Storytime with Ardie

- > STRONGSTART DESC 10:30AM-11AM

Sicamous Ozobots

- > SICAMOUS LIBRARY BRANCH 3PM - 4:30PM

Armstrong Parent and Tot Skating

- > NORVAL ARENA 11:45AM - 12:45AM

Enderby S.T.E.A.M

- > ENDERBY BRANCH LIBRARY 2:30PM - 5:00PM

Ages 5+, registration encouraged.

Salmon Arm Bowling

- > LAKESIDE BOWLING 3PM - 5PM

Kids under 18 bowl free! First come first
serve.

Enderby Youth Ice Games

- > ENDERBY ARENA 3:15PM - 4:15PM

Salmon Arm Family Fitness

- > HILLCREST SCHOOL 6:45PM - 7:30PM

Enderby Family Skate

- > ENDERBY ARENA 7:15PM - 8:15PM

Armstrong Drop-In Story Walk™

- > ARMSTRONG VISITOR CENTRE

Saturday, February 2

Sicamous Cookie Baking with Seniors

- > SICAMOUS SENIORS CENTRE 10:00AM - 12 NOON

Sicamous Family Storytime

- > SICAMOUS LIBRARY BRANCH 10:30 - 11:30AM

Salmon Arm "Book Making" Project

- > SALMON ARM ART GALLERY 11AM - 3PM

Sicamous Ozobots

- > SICAMOUS LIBRARY BRANCH 3PM - 4:30PM

Salmon Arm SYSA Family Footy (Soccer),

Puppet Stories with Ardie

- > SALMON ARM INDOOR SOCCER ARENA 1PM - 3PM

Bring indoor cleats or clean running shoes.

Armstrong Drop-In Story Walk™

- > ARMSTRONG VISITOR CENTRE



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Supported by:

Armstrong Chamber of
Commerce
Armstrong Dance Academy
Armstrong/Spall Parks & Rec
Arts Council for the South
Shuswap

B True B You
Bastion PAC
Carlin PAC
City of Salmon Arm
District of Sicamous
Enderby & Area Early Years
Committee

Enderby Curling Club
Enderby Recreation Services
EVCSS
EZ Rock 91.5FM
Hillcrest PAC
I Am Yoga Shuswap
Kids & Company

Lakeside Bowling
LASS
North Okanagan Early Years
Council
NSSCR
Okanagan Regional Library
Piccadilly Mall

Salmon Arm Curling Club
Salmon Arm ECD
Salmon Arm GM
Salmon Arm Observer
Salmon Arm Recreation
Salmon Arm Silverbacks
School District No. 83
School District No. 83 District PAC

Shuswap District Arts Council
Shuswap Theatre Society
Shuswap Youth Soccer Assoc.
Sicamous & Malakwa ECD
Sicamous Eagles
Sicamous Recreation
Sicamous Health Unit