

# My Activity Log

## SATURDAY

Jan. 25

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. 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

## MONDAY

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

## TUESDAY

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

## WEDNESDAY

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

## THURSDAY

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

## FRIDAY

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

## SATURDAY

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

**Tell us about some of your favourite screen free activities:**

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Challenge 2020

**JANUARY 25 - FEBRUARY 1, 2020**

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

PHONE: \_\_\_\_\_ SCHOOL: \_\_\_\_\_

**YES!** I accept the challenge! I am participating in the Unplug & Play challenge from Saturday, January 25 to Saturday, February 1, 2020.

**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 7, 2020 for a chance to win some great prizes.

unplug and play family literacy week January 25 to February 1, 2020 unplug and play fa

# For full event details visit: [shuswapliteracy.ca](http://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 25

### Armstrong Dance Samplers

> ARMSTRONG DANCE ACADEMY 9:30-11:30AM  
Pre-registration required, contact Armstrong Dance Academy at 250-546-0308 or email [info.armstrongdance@shaw.ca](mailto:info.armstrongdance@shaw.ca).

### Enderby S.T.E.A.M & Ozobots

> ENDERBY LIBRARY BRANCH 10:30AM-2:30PM

### Sicamous Juggling With Evan

> SICAMOUS LIBRARY BRANCH 11AM

### Salmon Arm Theatre Fun

> SHUSWAP THEATRE 12NOON-1:30PM

### Salmon Arm Sanctuary Board Games

#### Free Play

> UNIT B 171 HUDSON AVE, 12 - 6PM

### South Shuswap Exploring Light & Sound

> SOUTH SHUSWAP LIBRARY BRANCH 1:00PM with Okanagan Science Centre, hands on activities

### Salmon Arm Magic Show with Leif David

> SALMON ARM LIBRARY BRANCH 11:00AM

## Sunday, January 26

### Salmon Arm Unplug and Play Family Swim

> SALMON ARM RECREATION CENTRE 1:00 - 4PM

### Armstrong Family Rollerskating

> HASSEN ARENA ARMSTRONG 3:00 - 4:30PM

### Enderby Free Family Ice Skate

> ENDERBY ARENA 5:30 - 7:00PM

## Monday, January 27

### Sicamous Preschool Skate & Read with the Eagles

> SICAMOUS ARENA 9 - 10AM & 12:30 - 1:30PM

### Grindrod Mother Goose

> GRINDROD HALL 9:30-10:30AM Literacy development with song and rhyme

### Enderby Mother Goose

> EDCRC, UPSTAIRS 10:45-11:45AM Literacy development with song and rhyme

### Enderby Shinny Hockey (Grades 8-12)

> ENDERBY ARENA 3:00PM

## Tuesday, January 28

### Sicamous Preschool Skate & Read with the Eagles

> SICAMOUS ARENA 9 - 10AM

### Ashton Creek Group "Val Hilliker, Comedy Ventriloquist Show"

> RIVERSIDE HALL 9:30-11:30AM  
Val's puppets perform a "Loving Books" show

### Grindrod Tuesday Tots "Frozen" Party

> GRINDROD ELEMENTARY SCHOOL, MUSIC ROOM 9:30-11:30AM Enjoy play group with a festive Frozen theme.

### Sicamous Preschool Storytime

> SICAMOUS LIBRARY BRANCH 11AM  
Stories, songs and crafts

### Sicamous Magic Show with Leif David

> PARKVIEW ELEMENTARY SCHOOL LIBRARY 1:00PM

### Enderby Free Family Skate

> ENDERBY ARENA 1:45-2:45PM

### Sicamous Code & Go Mice

> SICAMOUS LIBRARY BRANCH 2:30PM  
Learn to code with robotic mice and a maze

### Enderby Drop-in Family Games

> ENDERBY LIBRARY BRANCH 2:30-4:30PM  
Crokinole, Pitchnut, Table Hockey & Sjoelbak

### Salmon Arm Inter-generational Board Games

> ANDOVER TERRACE RETIREMENT RESORT 3-4:30PM  
2110 LAKESHORE DR. NE

### Carlin Gym Games

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

### Salmon Arm PJ Storytime Event

> BASTION ELEMENTARY SCHOOL 6-7PM  
Wear your PJ's and share a treat and story.

## Wednesday, January 29

### Enderby Special Craft Day at Family Place

> EDCRC UPSTAIRS DROP IN FROM 8AM  
Creative time for tots, plus free lunch at 11:30 am

### Salmon Arm LEGO & Keva Building

> SALMON ARM LIBRARY BRANCH DROP-IN BETWEEN 2:00 AND 4:30PM Create something spectacular with our LEGO and Keva Planks. Children must be accompanied by a responsible adult.

### Sicamous Coding Board Games

> SICAMOUS LIBRARY BRANCH 2:30PM  
Play fun board games while learning about coding!

### Enderby Stick 'n' Puck (7-9yrs)

> ENDERBY ARENA 2:45-3:45PM

### Sicamous Eagles Community Skate

> SICAMOUS ARENA 3:00 - 4:00PM

### Enderby Spin Lego & Drop-in Puppet Fun

> ENDERBY LIBRARY BRANCH 2:30 - 4:30PM  
Spin to find your Lego Challenge, or make up your own stories with our puppets and theatre

### Salmon Arm Rock the Wall Indoor Rock Climbing

> GYM OF ROCK 2090 10TH AVE SW (WESTGATE PUBLIC MARKET) 5-7PM Space is limited. Pre-registration with Gym of Rock required 778.489.5594

## Thursday, January 30

### Enderby Kids 'n' Company

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

### Enderby Stick 'n' Puck (6-8 yrs)

> ENDERBY ARENA 2:30-3:30PM

### Skating and Books with the 'Backs

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

### Sicamous Art Lessons

> SICAMOUS DISTRICT HALL 3-4:30PM

Paint a bird house, jewelry box or miniature barn quilt.

## Friday, January 31

### Sicamous Family Yoga with Nicole

> STRONGSTART PARKVIEW SCHOOL 10:00AM

### Salmon Arm Okanagan World of Reptiles

> SOUTH BROADVIEW ELEMENTARY 11AM

### Armstrong Parent and Tot Skating

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

### Sicamous Keva Planks

> SICAMOUS LIBRARY BRANCH 2:30PM

### Salmon Arm Bowling

> LAKESIDE BOWLING 3 - 5PM

Kids Under 18 bowl free! First come first serve.

### Enderby Okanagan World of Reptiles

> ENDERBY LIBRARY 3:00PM

### Enderby Free Family Skate

> ENDERBY ARENA 3:30-4:45PM

### Salmon Arm Pyjama Story Time

> SALMON ARM LIBRARY BRANCH 6:00PM  
Grab your stuffies, hop into you PJ's and join the library for some fun stories and songs before drifting off to dreamland.

### Salmon Arm Family Fitness

> HILLCREST ELEMENTARY SCHOOL 6:45- 7:30PM  
A fun and active evening doing family friendly fitness activities!

## Saturday, February 1

### Salmon Arm Cut & Paste Stories

> SALMON ARM ART GALLERY 11AM - 3PM

### South Shuswap Valentine Make & Take

> ARTS COUNCIL FACES LOWER CARLIN HALL 10AM-12  
Pre-registration required [shuswaparts.com](http://shuswaparts.com) 250-515-3276

### Sicamous Make a Valentine

> SICAMOUS LIBRARY BRANCH 11:00AM

### SYSA Family Soccer (Footy)

> SALMON ARM INDOOR ARENA 1 - 3PM

### Family Snowshoe

> LARCH HILLS NORDIC SKI AREA 1-4PM  
Snowshoes available for rent from John's Ski Shack, call 250-832-3457 to reserve.

### Salmon Arm Puppet Play

> SALMON ARM LIBRARY BRANCH 3:30PM



250-463-4555 • [info@shuswapliteracy.ca](mailto:info@shuswapliteracy.ca) • [www.shuswapliteracy.ca](http://www.shuswapliteracy.ca)

## Supported by:

Andover Retirement Resort  
Armstrong Dance Academy  
Armstrong/Spall Parks & Rec  
Arts Council for the South  
Shuswap  
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  
Gym of Rock  
Hillcrest PAC  
Kids & Company  
Lakeside Bowling  
Larch Hills  
LASS  
Leif David

North Okanagan Early Years  
Council  
NSSCR  
Okanagan Regional Library  
Okanagan World of Reptiles  
Piccadilly Mall  
Sanctuary Games  
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  
Val Hilliker