

## About the Challenge

The Summer Bucket List Challenge started as a Healthy Kids Community Challenge called "Power Off and Play" funded by the Lanark, Leeds and Grenville Health Unit in 2018. The program was so successful that the Township of Leeds and the Thousand Islands has decided to keep the challenge going. Although not every participant is provided with a bucket, we hope you complete challenges with items from home, your local library and with your friends and family!

Never Stop Playing,  
TLTI Recreation Department

## Be Entered to Win a Prize!

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_



## Power ff and Play!



Make Time for Active Outdoor Play!



Connect With Nature!



Swap Out Screen Time for Creative Activities!



Enjoy Meals Together!



Save Bedrooms for Sweet Dreams Not Bright Screens!

## Screen Time Guidelines

Age	Recommended hours of screen time
Under 2 years	None
2-4 years	Less than 1 hour a day
5-17 years	No more than 2 hours of recreational screen time a day

Source: Canadian Society for Exercise Physiology's Canadian Sedentary Behaviour Guidelines

## The Summer Bucket List Challenge

#PowerOffAndPlay



The Township of Leeds and the Thousand Islands challenges you to keep playing!

## How The Challenge Works:

- 1 Play Outside or Turn Off The Screen to complete challenges
- 2 Initial the sun beside the activities you complete
- 3 Return your bucket list to the Township Office via mail, e-mail, or in person before August 30th to be entered to win prizes
- 4 Don't stop playing! The List is at [leeds1000islands.ca](http://leeds1000islands.ca) so you can keep going

## Contact For Submission

E-mail:  
[cara@townshipleeds.on.ca](mailto:cara@townshipleeds.on.ca)

Mail:  
PO 280, Lansdowne, ON, K0E 1L0

In Person:  
1233 Prince St., Lansdowne, ON

# Classic Bucket List

- ☼ Play a game of street hockey
- ☼ Shoot hoops at Centennial or Jerry Park
- ☼ Pick a trail at Charleston Lake Park and complete it
- ☼ Play at the Jerry Park splash-pad
- ☼ Collect and identify four different leaves
- ☼ Blow bubbles and see if you can catch some without popping them
- ☼ Play a game of lawn darts
- ☼ Play a game of can-jam
- ☼ Throw a football with someone
- ☼ Go for a bike ride
- ☼ Build a sand castle at Kendrick's Park
- ☼ Go swimming at Kendrick's Park
- ☼ Go down the slide 10 times at a Township park
- ☼ Create a sidewalk chalk masterpiece. Maybe draw your favourite book character
- ☼ Fly a kite
- ☼ Play frisbee. Spread out and try to throw the frisbee back and forth without dropping it
- ☼ Play a game of volleyball
- ☼ Try lacrosse. Pass the ball around
- ☼ Play catch with a baseball. Throw some pop-flys and ground balls
- ☼ Have a water gun fight
- ☼ Go for a canoe or kayak paddle
- ☼ Play a game of leap-frog
- ☼ Play a game of toilet tag
- ☼ Kick a soccer ball around. Can you play keep up?
- ☼ Catch a firefly and then set it free
- ☼ Make a nature symphony. Collect sticks, pine cones, stumps, acorns, etc. to make sounds
- ☼ Play bocce ball
- ☼ Go cloud watching. What do you see in the clouds?
- ☼ Make a race track for a dinky car
- ☼ Watch Canada Day Fireworks
- ☼ Have a water balloon fight
- ☼ Jump in puddles. Who can make the biggest splash?
- ☼ Go star gazing. Find the big dipper
- ☼ Play tennis
- ☼ Try 5 yoga positions
- ☼ Build an inukshuk out of rocks
- ☼ Play hot potato
- ☼ Find a geocache. Use a GPS from LTI library
- ☼ Identify five different birds outside

- ☼ Go for a walk in your neighbourhood or one of the villages
- ☼ Visit a farm. If a friend or family doesn't live on one, you can go to Wendy's Country Market
- ☼ Race sticks in a creek or stream. Who had the fastest stick?
- ☼ Have a three legged race by tying yours and a friends opposite foot together
- ☼ Play a game of tug-o-war
- ☼ Play fetch with a dog
- ☼ Watch a sunset
- ☼ Watch a sunrise
- ☼ Play disc golf
- ☼ Play a game of giant jenga
- ☼ Make up a dance routine
- ☼ Play a game of ladder ball
- ☼ Play kick-the-can
- ☼ Go fishing
- ☼ Have an egg and spoon race
- ☼ Make a fort out of pillows, blankets or whatever is available
- ☼ Make a paper airplane
- ☼ Make a dinner you never had before
- ☼ Read a whole book
- ☼ Write about your day. Maybe even start a journal
- ☼ Colour a picture of your favourite place
- ☼ Make a rock pet. Sharpies, paint, googly eyes or whatever crafts you have
- ☼ Write a letter to a friend or family. Mail it!
- ☼ Play a board game from start to finish
- ☼ Make potato stamps and try them out
- ☼ Make a bridge out of marshmallows and toothpicks
- ☼ Make a bird feeder
- ☼ Make three different shadow puppets
- ☼ Play a game of cards (go fish, crazy eights, etc)
- ☼ Make a card for someone special
- ☼ Write an acrostic poem about a family member or friend
- ☼ Make goop
- ☼ Turn on some music and dance
- ☼ Make up a special handshake with someone
- ☼ Make sock puppets
- ☼ Learn how to spell your name in sign language
- ☼ Draw your family tree
- ☼ Build a house of cards at least two storeys high
- ☼ Glue nature items to paper to spell your name
- ☼ Make each letter of the alphabet with your body

- ☼ Complete a mad-lib
- ☼ Write a short story
- ☼ Bake something

# New Bucket List Items

- ☼ Play pickleball
- ☼ Take a stroll in Rockport
- ☼ Walk, run, wheel or cycle along the Thousand Islands Parkway
- ☼ Hike to the peak of Blue Mountain (Bring snacks and water for this one!)
- ☼ Count the moored boats at the Seeley's Bay Harbour
- ☼ Hike at Marble Rock
- ☼ Skip rocks
- ☼ Ask a different generation how they "play". Try it!
- ☼ Weed or nurture a garden
- ☼ Try a LTI Library program
- ☼ Use the Vita Parcour Fitness trail in Seeley's Bay or at Bateau Channel Park
- ☼ Feed fish at Furnace Falls Park
- ☼ Write a short story
- ☼ Bake something
- ☼ Enjoy a nature talk (Turtle Talks will be at Kendrick's Park Wednesday, August 7)
- ☼ Go to the Lansdowne Fair
- ☼ Play a game of spike ball
- ☼ Have a picnic at Bateau Channel Park
- ☼ Hike to the lookout at Rock Dunder or Landon Bay Centre
- ☼ Climb a tree or climber structure