

# My Activity Log

## SATURDAY

Jan. 21

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. 22

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. 23

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. 24

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. 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

## THURSDAY

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

## FRIDAY

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

## SATURDAY

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

## SUNDAY

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

# Unplug and PLAY

## Family Literacy Week



Challenge 2023

**JANUARY 21 - JANUARY 29, 2023**

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

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

**YES!** I accept the challenge! I am participating in the Unplug & Play challenge from Saturday, January 21 to Saturday, January 29, 2023.

### 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 3, 2023 for a chance to win some great prizes.

unplug and play family literacy week January 21 to January 29, 2023 unplug and play fa

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

## All Week

### Play Shuswap Scavenger Hunt

> SELF-DIRECTED Families can take pictures during the scavenger hunt and then submit their favourite photo to be entered for a grand prize. Visit [playsuswap.com](http://playsuswap.com) for more information.

### Armstrong Library Story Walk & S.T.E.A.M Kits

> SELF-DIRECTED Story Walk is located inside the library. Pick up the S.T.E.A.M. Take and Make Kit and do the fun activity at home. (While supplies last.)

### Enderby Scavenger Hunt, Story Walk & More

> ENDERBY LIBRARY BRANCH  
Snowman scavenger hunt, various STEAM activities and more

## Saturday, January 21

### Enderby Books, Board Games and Body Moves

> ENDERBY DRILL HALL 10:30 am - 12 Noon  
Author Sandy Forseille reads her children's book Believe, followed by board & card games and fun movement activities.

### Sicamous Games & Puzzles

> SICAMOUS LIBRARY BRANCH 10:00 am - 5:00 pm

### Salmon Arm Theatre Fun

> SHUSWAP THEATRE 12 NOON - 1:00 pm  
We will explore the dramatic arts through creativity and playing theatre based games and activities.

### Salmon Arm Magic Show with Leif David

> SALMAR CLASSIC THEATRE 1:30 - 2:15 pm

### Salmon Arm Anatomy and Movement

> ACTIVE CHIROPRACTIC SUITE 223 1120 25 ST NE  
2:30 - 3:30 pm Learn some fun anatomy facts about how your body moves you & then we'll learn some movement skills.

### Enderby Magic Show with Leif David

> ENDERBY DRILL HALL 4:00 - 4:45 pm

## Sunday, January 22

### Salmon Arm Free Family Swim

> SALMON ARM RECREATION CENTRE 1:00 - 4:00 pm  
Enjoy a free family swim, sponsored by CUPE Local 523.

### Salmon Arm Family Snowshoe

> LARCH HILLS NORDIC SKI AREA SELF-DIRECTED  
Visit [skilarchhills.ca/snow-shoeing/](http://skilarchhills.ca/snow-shoeing/) for information on trails. Snowshoes available for rent from John's Ski Shack.

### Armstrong Public Ice Skating

> NORVAL ARENA 3:30 - 5:00 pm

## Monday, January 23

### Grindrod Mother Goose

> GRINDROD RECREATION HALL 10:00 - 11:00 am  
Songs, rhymes, stories and snacks

### NSSCR Unplug & Play Cooking Challenge

> PICK-UP INGREDIENTS AT THE NSSCR ASSOCIATION IN SORRENTO MONDAY, JANUARY 23, 12-4 to pick-up supplies, all week to participate  
North and South Shuswap families get together and create a meal! Pre-registration required online at [www.nsscr.ca](http://www.nsscr.ca).

### Salmon Arm Jungle Mania

> JUNGLEMANIA 2450 C 10 AVE NE 2:00 - 5:00 pm  
Pre-register by calling 778 -489 -5554.

### Salmon Arm Stories & Snacks

> SALMON ARM LIBRARY BRANCH 3:30 pm - 4:30 pm  
Enjoy snacks and doodling on colouring pages while you listen to a story! Audiobook will be from The Magic Treehouse series.

## Tuesday, January 24

### Enderby Mother Goose

> ENDERBY LIBRARY BRANCH 9:30 - 10:30 am  
Songs, rhymes, stories and snacks

### Grindrod Tuesday Tots

> GRINDROD RECREATION HALL 9:30 - 11:30 am  
Come enjoy a bouncy house and "help make your own snack"

### Ashton Creek Playgroup

> RIVERSIDE COMMUNITY HALL 9:30 - 11:30 am  
We will have toys, crafts, and snacks! Community resources and early years information available.

### Falkland School Scavenger Hunt

> FALKLAND SCHOOL 4:00-5:00 pm

### Enderby Storybook Skate

> ENDERBY ARENA 2:00 - 3:30 pm  
A Storybook Walk on ice. Partnership with ORL - Enderby Branch

### Salmon Arm Skate with the Silverbacks

> SHAW CENTRE 2:45 - 4:15 pm  
Join the Shuswap Children's Association for a free skate with the Silverbacks, read a story together & enjoy hot chocolate provided by SASCU Recreation Centre.

### Sicamous After School Crafts

> SICAMOUS LIBRARY BRANCH 3:00 - 5:00 pm

### Salmon Arm LEGO Block Party

> SALMON ARM LIBRARY BRANCH 3:30 pm - 4:30 pm

### Salmon Arm "Try-it" Calming Stations

> 433 HUDSON AVENUE NE (ENTRANCE TO CMHA LEARNING STUDIO IS OFF 4TH STREET NE) 3:00 - 5:00 pm  
Explore calming stations such as bubble blowing, cuddling a therapy dog & more! CMHA and Child and Youth Mental Health are partnering together to support families with simple but effective ways to bring calm into our busy world.

## Wednesday, January 25

### Enderby Family Place Drop-In

> ENDERBY EDCRC UPSTAIRS 8:00 am - 12 noon  
Screen-free fun, we will have a new sensory bin activity and a special craft, as well as snacks and free lunch.

### Armstrong Mother Goose

> 3185 BECKER ST. 9:30-10:30 am  
One hour of circle time with you and your child under six to learn songs and rhymes together!

### Silver Creek Fun with Slime

> SILVER CREEK COMMUNITY HALL, 9:30 - 11:30 am  
Come and play with slime. You can bring some home afterwards to continue the fun!

### Falkland Numeracy Night & Dinner

> FALKLAND SCHOOL 5:00-6:30 pm  
Enjoy some numeracy fun and dinner provided by the PAC! Pre-register by Friday, January 13th call 250-379-2320

### Salmon Arm STEAM Adventures

> SALMON ARM LIBRARY BRANCH 3:30 pm - 4:30 pm  
Explore the library's cool STEAM toys, and learn more about Science, Technology, Engineering, Art and Math.

### Sicamous Lego Challenge

> SICAMOUS LIBRARY BRANCH 12- 4:00 PM

### Salmon Arm PJ Storytime

> BASTION ELEMENTARY SCHOOL 6:00-7:00 PM  
Snuggle up in your PJs and listen to amazing storytellers! A snack and a free book are included.

### Salmon Arm Chess Club

> OKANAGAN COLLEGE STUDENT LOUNGE 6:00-9:00 pm

## Thursday, January 26

### Enderby Balloon Fun & Parachute Play

> ENDERBY KIDS AND COMPANY @ DRILL HALL 9:30-11:30 AM  
Balloon fun and parachute play

### Silver Creek Mindful Kids

> SILVER CREEK COMMUNITY HALL  
3048 HORNSBERGER ROAD 2:15-3:45 pm  
Visit a number of stations focused on mindfulness

### Sicamous Skate with the Eagles

> SICAMOUS & DISTRICT REC CENTRE 2:30-3:30 pm

### Sicamous Family Craft Night

> SICAMOUS RED BARN ARTS CENTRE 3:00 - 5:00 pm

### Sicamous Red River Jig Dance

> RED BARN ARTS CENTRE SICAMOUS 5:30-7:00 pm

### Salmon Arm Breakdancing Boogie

> HILLCREST ELEMENTARY SCHOOL 6:30-7:30 pm  
Breakdancing Instructor Manny Christjansen will be leading a class, and hosting a DJ dance party in the Hillcrest gym.

### Salmon Arm Public Speaking Workshop

> 5TH AVE. SENIORS ACTIVITY CENTRE 7:00 - 9:00 PM  
Learn how to write a short speech with a Toastmasters mentor. Play games like Charades and Pictionary. Listen and share short stories about pets & have fun together.

## Friday, January 27

### Armstrong Recharge & Reconnect

> 3185 BECKER ST. ARMSTRONG 8:30 am-12:30  
Drop in anytime for toys, crafts, and coffee for parents & children under six years old

### Salmon Arm Babytime

> Salmon Arm Library Branch 10:15 - 10:45 am  
Join us for an interactive program full of songs, rhymes, tickles, board books, and more! For newborns to 18 months.

### Armstrong Parent and Tot Skating

> Norval Arena 11:45 am-12:45  
Free parent and tot skating

### Sicamous Yoga with Nicole

> SICAMOUS LIBRARY BRANCH 4:00 pm Drop-In

### Salmon Arm Pyjama Story Time

> Salmon Arm Library Branch 6:00 pm - 6:30 pm  
Snuggle up for Pyjama Story Time! Featuring longer books, songs and rhymes. Don't forget your Stuffed!

### Enderby Glow in the Dark Story Time

> ENDERBY LIBRARY BRANCH 6:00 - 7:00 pm  
Grab your favourite stuffy, come in your PJ's and join us under the twinkle lights for glow in the dark story time!

### Friends of the Library Book Sale

> SOUTH SHUSWAP LIBRARY BRANCH

## Saturday, January 28

### Salmon Arm Bulldogs Unplugged

> BULLDOGS FITNESS & BOXING 2090 10 AVE SW  
SALMON ARM (Westgate Public Market) 10:00 am - 11:30 am  
Intro to Boxing. No hit fit . Pre-registration required info@bulldogsboxing.com

### Armstrong S.T.E.A.M. Saturdays

> ARMSTRONG LIBRARY BRANCH 10:30 am-12:30  
Have fun playing with our S.T.E.A.M. Kits, KEVA planks & LEGO.

### Salmon Arm Family Footy (Soccer)

> SASCU INDOOR SPORTS FACILITY 441 3 ST SW  
1:00-3:00 pm

### South Shuswap Bug Guys Reptile Show

> SOUTH SHUSWAP LIBRARY BRANCH 1:00- 2:00 pm

### Friends of the Library Book Sale

> SOUTH SHUSWAP LIBRARY BRANCH

### Salmon Arm Paws 4 Stories

> SALMON ARM LIBRARY BRANCH 10:15 - 11:15 am  
Meet Rolo a certified St. John's Ambulance Therapy Dog who loves to be read to, petted and talked to. Drop-in or pre-register 250-832-6161.

### Sicamous Create a Puppet Show

> SICAMOUS LIBRARY BRANCH 10 am - 5:00 pm  
We provide the puppets, you bring your ideas!

### Salmon Arm Dancing With Shuswap Dancers

> SHUSWAP DANCE CENTRE 1:00 - 4:00 pm (classes starting on the hour for ages 3-12). Drop in style dance classes in different styles (Jazz, Hip Hop, Modern, Musical Theatre) for different ages. No experience necessary!

## Sunday, January 29

### Enderby Jersey Skate

> Enderby Arena 2:00 - 3:30 pm  
Wear your favorite sports team Jersey's to our Public Skate

## Supported by:

Active Chiropractic  
Armstrong Chamber of Commerce  
Armstrong/Spall Parks & Rec  
Bastion PAC  
BGC Okanagan

Bulldogs Fitness and Boxing  
City of Salmon Arm  
Canadian Mental Health  
Association  
CUPE Local 523  
District of Sicamous

EDCRC  
Enderby & Area Early Years  
Committee  
Enderby Recreation Services  
EVCSS  
Falkland PAC

Junglemania  
Kids & Company  
LASS  
Larch Hills Nordic Society  
North Okanagan Early Years  
Council

NSSCR  
Okanagan Regional Library  
Piccadilly Mall  
Play Shuswap  
Red Barn Arts Centre  
Salmon Arm's BOUNCE 91.5

Salmon Arm Observer  
Salmon Arm Recreation  
Salmon Arm Silverbacks  
Salmon Arm Toastmasters  
School District No. 83  
Shuswap Children's Association

Shuswap Dance Centre  
Shuswap Theatre Society  
Shuswap Youth Soccer Assoc.  
Sicamous & Malakwa ECD  
Sicamous Eagles  
Sicamous Recreation

Silver Creek Community  
Association

  
Literacy Alliance of the Shuswap Society  
250-463-4555 • info@shuswapliteracy.ca