

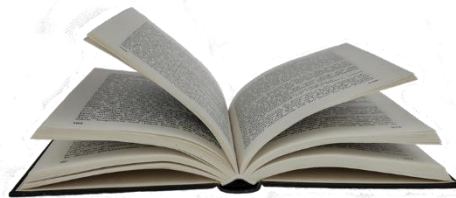


# LIVE YOUR WHY

## Afterschool Edition



Other than schoolwork, try to go the rest of the day screen-free. Challenge people in your household to do the same.



Which screen-free activities kept you the most engaged?



Looking for other ideas to help plan your afternoon? Visit us at [www.healthylamoillevalley.org/liveyourwhy](http://www.healthylamoillevalley.org/liveyourwhy)