



## Live Your Why – Afterschool Edition

**Get more familiar with your neighborhood. Make a list of things in your neighborhood or town.**

- 1)
- 2)
- 3)
- 4)
- 5)

Can you plan a date to visit a local playground, library, park or the rail trail?



What is something new you want to discover?



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