

Back to School Fun



PANTHER COUNTRY

List of Activities

- Read for 15 minutes with your mom or dad
- Attend a school activity or sporting event
- Write down five things you wish your teacher knew about you and give it to them
- Take your pet or a neighbor's pet for a walk
- Check out your favorite book(s) from the Knoxville Public Library
- Participate in flag football, soccer, or other activities at the Knoxville Rec Center
- Go for a walk or bike ride with a family member
- Journal each day for a week about what you liked best about your day
- Set up a lemonade stand in your neighborhood
- Have a family game night
- Eat 3-5 servings of fruits or vegetables for a snack after school
- Donate unused toys to a local thrift store
- Attend the Knoxville Homecoming parade on Friday, September 24
- Help your mom or dad cook dinner
- Exercise for 30 minutes
- Attend a Knoxville Alumni Association activity
- Participate in the Nana Jana Fun Run
- Visit a pumpkin patch/apple orchard

How to Play!

It's back to school time! Throughout the month of September, participate in activities meant to inspire a healthy, active life.

For every activity you complete (they can be completed multiple times throughout the month), color in one of the players on the football field.

When you've completed 11 activities and colored in all of the football players, take a selfie of you with your completed challenge and tag #HealthyKnoxville and Knoxville Hospital & Clinics in a post AND email your selfie to info@knoxvillehospital.org. Three winners will be drawn on October 6 and will receive a Panther stadium chair.

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