



Bright Stars “Move Into Reading” Summer Reading Challenge “Exercise Your Mind and Your Body” ~ GUIDELINES ~

Goal: To keep school age children actively reading during the summer and to encourage them to be physically active, as well.

Eligibility: Children ages 5-12 from all school districts in Los Angeles County.

Challenge: Read for at least 20 minutes every day beginning June 20, 2010 and ending on August 27, 2010.

Rules: Write the date that you read, list what materials you read, and have a parent/guardian verify your reading with a signature.

Deadline: Your Reading Challenge Log is due to Bright Stars by Saturday, August 28, 2010.

Winner Determination: The top three (3) people that read the most days will be the winners of the following items:

1st Place Winner: Choice of a Bicycle or a Scooter

2nd Place Winner: Choice of a Scooter or a Pair of Skates

3rd Place Winner: Choice of a Skateboard or a Pair of Skates

Winner Notification: All winners will be announced on August 28, 2010. Arrangements will be made with Director, parents, and winners to obtain prizes.

“READING IS ALWAYS IN SEASON.”

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“MOVE” INTO READING SUMMER CHALLENGE
~EXERCISE YOUR MIND AND YOUR BODY~
Suggested Activities For The Body

No Cost / Low-Cost Activities:

1. Go for a jog
2. Have a race (relay, sack race, etc.)
3. Go for a power walk
4. Do some exercises
5. Ride a bicycle
6. Dance to your favorite song
7. Jump rope (Single Rope or Double Dutch)
8. Go for a swim (with adult supervision)
9. Skate at the nearest park
10. Go skateboarding
11. Ride a scooter
12. Go for a hike
13. Hula hoop
14. Play a game of football or soccer
15. Play a game of volleyball or tetherball
16. Play a game of baseball or kickball
17. Play a game of tennis or badminton
18. Play a game of basketball or 4-squares
19. Play at the park (swings, jungle gym, etc.)
20. Throw a Frisbee or play with a paddle ball

Activities That Are More Costly:

1. Go to Mulligan’s Family Fun Center
2. Go To World On Wheels or Skate Depot
3. Go to Puttin’ Edge (Miniature Golfing)
take a Dance class at Debbie Allen’s Dance Academy or Lulu Washington’s Studio
4. Go to The Santa Monica Pier
5. Go Bowling
6. Go To A Rock Climbing Facility
7. Go to Raging Waters or Wild Rivers
8. Play The Wii ~ Active Video Games
9. Join A Gymnastics Class
10. Take a Karate or Kickboxing Class

**Read, stay active, and eat
healthy food every day!!!!
Are you up for the challenge?**