

# My Activity Log

**SAT. Jan. 24**

☐ I was **COMPLETELY unplugged**

**I reduced my...**

- ☐ Screen time
- ☐ TV time
- ☐ Video game time

**I also...**

- ☐ Was active
- ☐ Read
- ☐ Spent time with family

**SUN. Jan. 25**

☐ I was **COMPLETELY unplugged**

**I reduced my...**

- ☐ Screen time
- ☐ TV time
- ☐ Video game time

**I also...**

- ☐ Was active
- ☐ Read
- ☐ Spent time with family

**MON. Jan. 26**

☐ I was **COMPLETELY unplugged**

**I reduced my...**

- ☐ Screen time
- ☐ TV time
- ☐ Video game time

**I also...**

- ☐ Was active
- ☐ Read
- ☐ Spent time with family

**TUE. Jan. 27**

☐ I was **COMPLETELY unplugged**

**I reduced my...**

- ☐ Screen time
- ☐ TV time
- ☐ Video game time

**I also...**

- ☐ Was active
- ☐ Read
- ☐ Spent time with family

**WED. Jan. 28**

☐ I was **COMPLETELY unplugged**

**I reduced my...**

- ☐ Screen time
- ☐ TV time
- ☐ Video game time

**I also...**

- ☐ Was active
- ☐ Read
- ☐ Spent time with family

**THUR. Jan. 29**

☐ I was **COMPLETELY unplugged**

**I reduced my...**

- ☐ Screen time
- ☐ TV time
- ☐ Video game time

**I also...**

- ☐ Was active
- ☐ Read
- ☐ Spent time with family

**FRI. Jan. 30**

☐ I was **COMPLETELY unplugged**

**I reduced my...**

- ☐ Screen time
- ☐ TV time
- ☐ Video game time

**I also...**

- ☐ Was active
- ☐ Read
- ☐ Spent time with family

**SAT. Jan. 31**

☐ I was **COMPLETELY unplugged**

**I reduced my...**

- ☐ Screen time
- ☐ TV time
- ☐ Video game time

**I also...**

- ☐ Was active
- ☐ Read
- ☐ Spent time with family

## Supported by:

Active Chiropractic  
Armstrong/Spall Parks & Rec  
Bastion PAC  
BGC Okanagan  
City of Salmon Arm  
Canadian Parents for French  
Canadian Mental Health Assoc.  
CSRD  
District of Sicamous  
EDCRC  
Enderby & Area Early Years Cmte.  
Enderby Recreation Services

Enderby Rivertalk  
EVCSS  
Hillcrest Elementary PAC  
Kees Tae Kwon Do  
Kids & Company  
NSSCR  
Okanagan Regional Library  
Runaway Moon Theatre  
SASCU  
Salmon Arm Jiu-Jitsu  
Salmon Arm Observer  
Salmon Arm Recreation  
Salmon Arm Tennis Club  
Sanctuary Games

School District No. 83  
Shuswap Children's Association  
Shuswap Family Resource Ctr  
Shuswap Minor Lacrosse  
Shuswap Scoop  
Shuswap Social District

Shuswap Theatre  
Sicamous & Malakwa ECD  
Sicamous Recreation  
Whizbang Boxing  
Zest Commercial Food Hub



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

# Unplug and Play

## Family Literacy Week



Challenge 2026

**JANUARY 24 - JANUARY 31, 2026**

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

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

**YES!** I accept the challenge! I am participating in the Unplug & Play challenge from Saturday, January 24 to Sunday, January 31, 2026.

## 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 6, 2026 for a chance to win some great prizes.

unplug and play family literacy week January 24 to January 31, 2026

**\* All events are free \***

## Saturday, January 24

### Sicamous Family Financial Education

> Old Town Room SASCU Sicamous • 10-11 am A fun workshop for ages 5-10 that helps kids make smart money decisions. *Registration required email community@sascu.com*

### Salmon Arm Family Financial Education

> SASCU Uptown Branch • 10:00-11:00 am • A fun workshop for ages 5-10 that helps kids make smart money decisions. *Registration required email community@sascu.com*

### Salmon Arm Family Taekwondo Class

> Kees Taekwondo 450 TCH • Choose 10:00-10:30 or 10:30-11:00 am • Family Taekwondo class for all ages

### Salmon Arm Juggling with Evan

> Song Sparrow Hall • 11:00-11:45 am • Enjoy a juggling act!

### Salmon Arm Jiu-Jitsu Games/Open Play:

> 371-7 St. SW • 11:00-11:40 am Ages 3-6 • 12-1:00 pm Ages 7-9 • 1:30-2:30 Ages 10+ Fun, jiu-jitsu based games with peers. Safety orientation required; arrive early. Parent-signed waiver needed. Limited to 10 participants.

### Salmon Arm Theatre Fun!

> Shuswap Theatre 41 Hudson Ave • Noon-1:00 pm • Explore dramatic arts through theatre based activities & games.

### Salmon Arm Lantern Making Workshop

> Salmon Arm Arts Centre: Lower Studios • 1:00-4 pm Make a lantern for Runaway Moon Theatre's Winter Celebration

### Salmon Arm Family Intro to Boxing

> Whizbang Boxing - 101 Hudson Avenue NE • 1:30-3:00 pm • Bring your family to a 90 minute intro to boxing - all ages welcome! This is a no-contact fun way to learn boxing. *Registration required whizbangboxing@gmail.com*

### South Shuswap Map Making

> South Shuswap Library Blind Bay • 2:00-4:00 pm • Drop in to create fantastical maps, from treasure hunts to fictional worlds, for all ages.

## Sunday, January 25

### Salmon Arm Board Game Boredom Buster!

> Sanctuary Games 290 Alexander St • 10:00 am-9:00 pm Free in store game play.

### Salmon Arm Free Family Swim

> SASCU Salmon Arm Recreation Centre • 1:00-4:00 pm

### Salmon Arm "Play with Your Food" at Zest

> Zest Commercial Food Hub - 1140 4 Ave SW • 1:00-3:00 pm • Pick up a pasta dough kit, learn noodle shapes, take home easy sauce recipes. Turn mealtime into learning time.

### Armstrong Public Roller Skating

> Hassen Arena - 3375 Pleasant Valley Rd • 1-3:00 pm • Free Public Roller Skating, rentals included. All Welcome.

### Armstrong Public Ice Skating

> Sunbelt Arena - 3351 Park Dr • 3:30-5:30 pm • Rentals not included. All welcome.

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

### Salmon Arm Lantern Making Workshop

> Salmon Arm Arts Centre: Lower Studios • 1-4 pm • Join Runaway Moon Theatre and make a lantern to be shared at the Winter Lantern Celebration, February 15.

## Monday, January 26

### North & South Shuswap Cooking Challenge

> PICK-UP INGREDIENTS AT THE NSSCR ASSOCIATION IN SORRENTO • Pick-up supplies after 12:00 pm, all week to participate • pick up a meal kit, cook with your family, send photos of your creations to be entered in a draw to win a family pizza night. *Registration required online at www.nsscr.ca.*

### Enderby Mother Goose

> 1110 Belvedere St • 10:00-11:00 am • Learn songs and rhymes with your child. Snack provided.

### Sicamous Inclusive Ice Skating

> Sicamous & Dist. Recreation Centre • 10:45-11:45 am • Senior/Parent & Tot/Para Hockey skating. Helmut's mandatory.

### Falkland Yarn-It, Art is Fun!

> Falkland Library- 5771 Hwy 97 • 2:30-3:30 pm Join in a super fun yarn-craft for kids and families! The completed pieces will create one amazing art display. *Registration required 250-379-2705 ext 1811*

## Tuesday, January 27

### Salmon Arm Travelling Tots Playgroup

> Pine Room @ First Community, • 9:00 am-12:00 • Parents/Caregivers 0-6. Join Shuswap Children's Association for some fun with a special story time from 10:15-10:45.

### Grindrod Photo Scavenger Hunt!

> Grindrod Hall • 9:30-11:30 am • Join us for a morning of unplugged play and see how many photos you can find & match

### Ashton Creek Playgroup

> Riverside Hall, Ashton Creek • 9:30-11:30 am • Drop-in playgroup with toys, coffee, and a snack!

### Salmon Arm Board Game Boredom Buster!

> Sanctuary Games 290 Alexander St • 10:00 am-9:00 pm Free in store game play.

### Armstrong Family Story Time

> Armstrong Library • 10:30-11:00 am • Enjoy stories, songs, and rhymes. Story Time builds early literacy and social skills in a playful, welcoming environment.

### Armstrong Stay & Play

> Armstrong Library • 11:00-Noon Unwind and connect during unstructured play time. Enjoy soft play equipment & toys

### Enderby Shinny & Skate

> John Pritchard Memorial Sports Complex • 2:00-3 pm Ice will be divided for skating & Shinny hockey. Bring your own skates, helmets, sticks & gloves

### Salmon Arm Free Family Public Skate

> Rogers Rink - Hucul Pond • 2:45-4:15 pm • Join Shuswap Children's Association for a free family skate

### Salmon Arm Button & Magnet Making

> Rogers Rink - Hucul Pond • 2:45-4:15 pm • Join CMHA For Button Making in partnership with family skate and Shuswap Children's Association

### South Shuswap Monster Rocks

> South Shuswap Library Blind Bay • 3:00-5:00 pm • Bring some colour into winter by painting monster rocks.

### Anglemont Cooking Unplugged: Family Cooking Classes in the North Shu

> Lakeview Community Centre Anglemont • 3:00-5:00 pm Chef Brianna will teach families how to make a Valentine's Day "Dessert Fruit Pizza" 20 people max. *Registration required debbie@thompsonsales.ca*

### Salmon Arm Family Physical Literacy Night

> South Broadview Elementary Gym • 6:30-7:30 pm • Families can join Active Chiropractic in various movement based stations, helping children develop healthy physical literacy skills.

## Wednesday, January 28

### Enderby Family Place

> Enderby Resource Center • 8:30-Noon • Join us for a morning of unplugged play and snowman making activities!

### Salmon Arm Board Game Boredom Buster!

> Sanctuary Games 290 Alexander St • 10:00 am-9:00 pm Free in store game play.

### Scotch Creek MotherGoose

> North Shuswap Library • 11:15-noon • A fun, bonding and play-based program of songs, rhymes and stories, snacks provided.

### South Shuswap Rainbow Loom Jewelry

> South Shuswap Library Blind Bay • 3:00-4:00 pm • Rainbow loom jewelry making supplies available to get creative, make bracelets and trade with your friends! Drop - in.

### Salmon Arm Unplug & Play Cube Club

> Salmon Arm Library • 3:30-4:30 pm • Cube Club welcomes all skill levels to solve puzzles, share strategies, and enjoy brain-teasing fun. Bring your own rubiks cube, or borrow one from the library.

### Enderby Introduction To Lacrosse

> M.V. Beattie Elementary • 5:00-6:00 pm Learn about lacrosse and try stations set up to learn different aspects of the game - no equipment required. Wear clean running shoes

### Salmon Arm Breakdance Boogie

> Hillcrest Elementary Gym • 5:30-6:30 pm • Boogie the night away with a breakdancing lesson. Max. 60 participants

### Salmon Arm Juggling Jamboree

> Bastion Elementary • 6:00-7:00 pm • Join us for an awe-inspiring, hilarious performance from the amazing Evan the Juggler!

## Thursday, January 29

### Salmon Arm Glow & Grow: StrongStart

stories, warmth & wonder  
> DESC StrongStart: 341 Shuswap St. • 9:00-11:00 am • Join us for fireside stories, snowy crafts, outdoor fun, hot chocolate and snacks!

### Silver Creek Playgroup Sensory Play

> Silver Creek Community Hall, 3048 Hornsberger Road • 9:00-11:00 am • Parents/Caregiver 0-6. Join Shuswap Children's Association at Silver Creek Playgroup for some sensory play with Moon Sand fun!

### Enderby Search and find Bingo! At Kids & Co.

> Enderby Drill Hall • 9:30-11:30 am • See if you can find all the hidden critters to complete your bingo page!

### Sicamous Everything Snow

> Sicamous Parents & Tots, 1214 Shuswap Ave. • 10:00-Noon • Lots of fun activities with snow

### Salmon Arm Tummies 2 Tots Play Group

> Shuswap Family Centre • 11:00 am-12:30 pm • Drop-in playgroup for folks with children under 30 months. Discuss play and attachment with us.

### Enderby Storybook Skate

> John Pritchard Memorial Sports Complex • 2:00-3:00 pm • Follow the pages of the Little Blue Truck while skating.

### South Shuswap Pine Cone Bird Feeders

> South Shuswap Library Blind Bay • 3:00-4:00 pm • Make a bird feeder with pine cones, peanut butter & bird seed.

### Scotch Creek Roll & Unplug Family Bowling

> The Shuswap Social District • 3:00-5:00 pm • Enjoy family bowling, snack provided, 24 max. *Registration required email debbie@thompsonsales.ca*

### Salmon Arm Introduction To Lacrosse

> Bastion Elementary • 5:00-6:00 pm Learn about lacrosse and give it a try with stations set up to learn different aspects of the game - no equipment required. Wear clean running shoes

### Armstrong Story Time with Local Authors

> Armstrong Elementary School • 5:30-6:30 pm • Join us for 3 stories with local story tellers Chris McMahan, Wilf Pauls and Colleen Larson

## Friday, January 30

### Armstrong Recharge & Reconnect

> 3185 Becker St Armstrong • 8:30-11:30 am • Drop-in playgroup with toys, coffee, and a snack!

**\* All events are free \***

### South Shuswap Board Games

> South Shuswap Library Blind Bay • 3:00-4:30 pm • Visit the library after school to play board games.

### Enderby Glow in the Dark Story Time

> Enderby Library • 6:00-7:00 pm • Wear your jammies, bring a stuffie & enjoy stories under the stars

### Salmon Arm Soirée de jeux / French Games

Night > Salmon Arm Library • 6:00-7:45 pm • Play board games in French! A fun, family-friendly evening for beginners, in partnership with Canadian Parents for French.

### Sicamous Family Trivia Night

> Sicamous Library • 7:00-8:00 pm • Test your family's knowledge - who will be the champions?

## Saturday, January 31

### Salmon Arm Family Taekwondo Class

> 450 TCH SW Salmon Arm • Choose 11:00-11:30 am or 11:30-12:00 pm • Family Taekwondo class for all ages

### Salmon Arm Anyone for Tennis!!

> Salmon Arm Tennis Club • 1-1:55 pm or 2-2:55 pm Play indoor tennis or free afternoon tennis instruction for children and parents - hosted by your Local Tennis Professionals. *Registration required satcreception@gmail.com*

### Salmon Arm Family Intro to Boxing

> Whizbang Boxing - 101 Hudson Avenue NE • 1:30-3:00 pm • Bring your family to a 90 minute intro to boxing - all ages welcome! This is a no-contact fun way to learn boxing. *Registration required whizbangboxing@gmail.com*

### South Shuswap Valentine's Card Making

> South Shuswap Library Blind Bay • 2:00-4:00 pm • Create Valentine's cards for your friends and family!

### Sicamous Family Bingo

> Sicamous Library • 3:00-4:00 pm • Drop by the library for classic bingo fun

## All Week

### Sicamous Family Time - Photo Contest

The District of Sicamous wants to see your pictures of your family doing 5 of the following activities. Email entries to [recreation@sicamous.ca](mailto:recreation@sicamous.ca) and they will draw a prize for a lucky family to win! 1. Skating 2. Baking together 3. Family Game Night, 4. Family Hike 5. Family Craft Time 6. Reading together, no audiobooks 7. Family Fitness Challenges

### Salmon Arm Pokémon Scavenger Hunt

> Salmon Arm Library • Once you find all the Pokémon characters hidden throughout the library, enter a draw for a chance to win a gift certificate to Buckingham Palace!

### South Shuswap Scavenger Hunt

> South Shuswap Library Find Dinosaurs, Eggs, Pokémon, Minecraft, Snowmen and tell us how many of each you find. Entries that have found ALL items will be entered into a draw