

BE ACTIVE DURING SUMMER!

Letter Mix-up!

Unscramble the letters to discover the message!

e b t i e v a c r y e v e a y d

— — — — — — — — — — — — — — —

o r f 6 0 i n t u e s m

— — — — — — — —

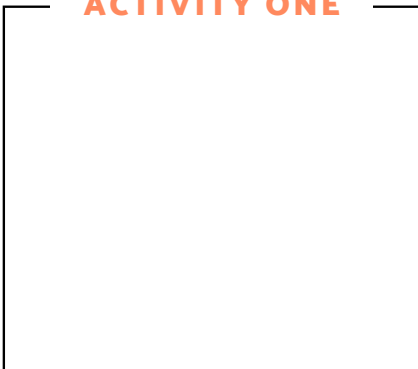
Five summer activities to keep you active every day!

Track your progress by checking off the completed box.

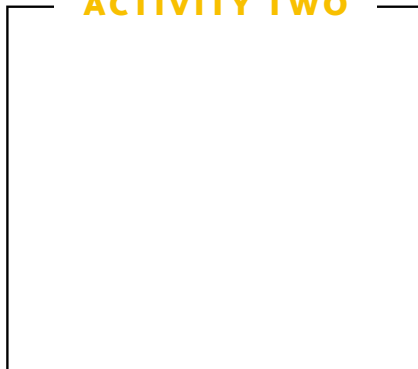
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|----------|--|--------------------------|------------------|
| 1 | Active Transportation: Explore a new walking or biking route in your neighborhood. | <input type="checkbox"/> | COMPLETED |
| 2 | Mindful Movement: Move your body for at least 60 minutes. Stretching, running, yoga, dancing. | <input type="checkbox"/> | COMPLETED |
| 3 | Sports: Pick a sport you love to play, and play it! Basketball, throwing and catching, soccer, swimming. | <input type="checkbox"/> | COMPLETED |
| 4 | Play Outside: Create a game! Hopscotch, tag or puddle hop on a rainy day. Use your imagination! | <input type="checkbox"/> | COMPLETED |
| 5 | Family Exploration: Visit a park and/or trail you haven't visited before with your family. | <input type="checkbox"/> | COMPLETED |

Draw yourself doing three of your favorite activities below.

ACTIVITY ONE



ACTIVITY TWO



ACTIVITY THREE

