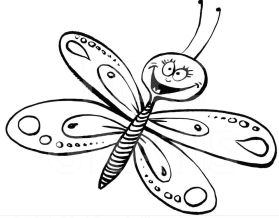


LET'S GO FOR A NATURE WALK

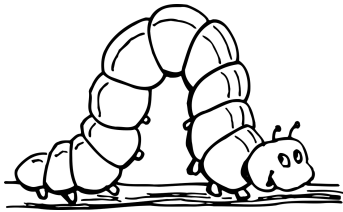
COLOR THE PICTURE AND CHECK OFF THE ITEMS YOU SEE ON YOUR WALK.



✓ BUTTERFLY



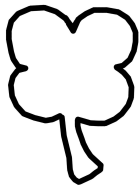
✓ FLOWER



✓ CATERPILLAR/WORM



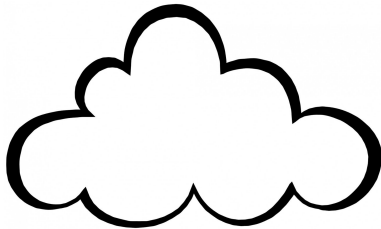
✓ LADYBUG



✓ CLOVER



✓ BIRD

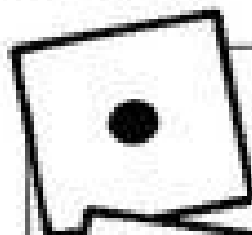


✓ CLOUD



✓ TREE

Roll a Task: Brain Break



20 Jumping Jacks



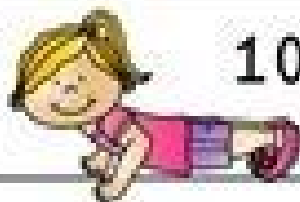
15 Sit-Ups



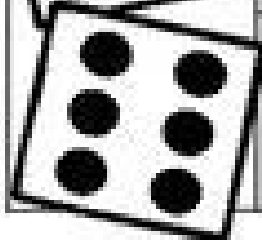
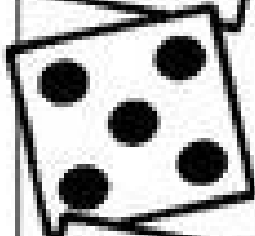
Hop on one foot



10 Push-Ups



Touch your toes
(hold 15 seconds)



Run in place



FOOT GOLF

Let's play a game of "foot golf". First, find a softball. Next, mark off nine numbered floor-level targets (with masking tape) around the house. If your home has two levels, keep all the targets on one level. When the targets (holes) are established, see how many foot pushes (putts) it takes to touch each of the targets.

Holes: #1____#2____#3____#4____#5____#6____#7____#8____#9____.

Total:_____.



Soft Toss

One of the most difficult parts of hitting is judging where the ball will cross the plate. Find a partner, use a bat or roll up a newspaper and either rubber band the roll or wrap with masking tape. If played inside the house, use a tightly rolled sock.

The pitcher and hitter face each other, with the pitcher kneeling ten feet away directly opposite the hitter's back foot. The pitcher tosses underhand and the hitter (in a batter's stance) swings with arms extended. Try to hit only good pitches.



After five hits, batter and pitcher change places. You can add base running. Use paper, or cardboard for home plate, first, second and third bases.