

# PUT A *Spring* IN YOUR STEP!

Want to help your kids grow healthy habits? Go for a walk!  
When you spot each item, do the activity beside it.



## **SQUIRREL**

Scurry around a tree trunk 3 times  
one way, then switch!



## **BEE**

Fly around & make buzzing sounds! (1 min.)

## **NEST**

Pick up 15 sticks. Then, build a make-believe nest!

## **DANDELION**

Flutter your arms like seeds blowing in the wind. (1 min.)



## **TREE**

Stand on one leg & stretch your arms out  
like branches! (30 sec.)

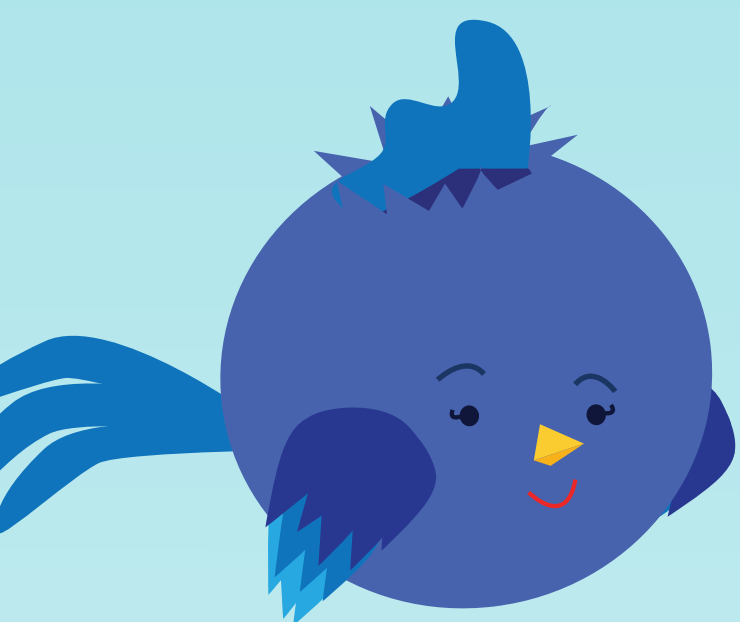


## **TULIP**

Do 10 sit-ups like a flower in bloom!

## **BIRD**

Extend your wings. Move your arms in  
circles 10 times. Then, reverse!



## **ACORN**

Lift & lower your heels 10 times like you're plucking acorns off a tree!

## **PUDDLE**

Hop over the puddle 5 times!

## **PAW PRINTS**

Crawl around on all fours like your favorite animal! (30 sec.)

Remember: Kids need 60 minutes of physical activity each  
day, and adults need 30.