

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.)

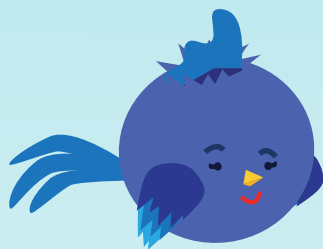


TULIP

Do 10 sit-ups like a flower in bloom!

BIRD

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



ACORN

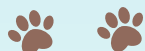
Lift & lower your heels 10 times like you're plucking acorns off a tree!

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.