















# Take a Walk and Explore Your World

**Connect** - Understanding the healthy mind and body connection through physical activity.

**Teach** - As a teacher or parent, remind your student that taking the time to exercise their bodies is a great way to stay healthy and manage stress.

**Active Engagement** - Take a walk with your family and explore your neighborhood. Notice the changes in the trees, or in your garden. Make it a game and divide your family into teams! Whoever finds everything on the list first WINS!

<u>Things to Find</u>		<u>Things to Do</u>	
<input type="checkbox"/> Seedling		<input type="checkbox"/> Touch something smooth	
<input type="checkbox"/> Leaf		<input type="checkbox"/> Touch something rough	
<input type="checkbox"/> Stem		<input type="checkbox"/> Smell a Flower	
<input type="checkbox"/> Blossom		<input type="checkbox"/> Pick 3 weeds	
<input type="checkbox"/> Spider		<input type="checkbox"/> Look for the sun	
<input type="checkbox"/> Worm			
<input type="checkbox"/> Bee			
<input type="checkbox"/> Rock			
<input type="checkbox"/> Vegetable			

**Link** - Select one of your favorite objects you discovered on your walk. Make up 2-3 movements that mimic your selected object. For example, if your favorite object you discovered was a bee, you might 1. Pretend you're buzzing around with your arms extended like wings. 2. Fly from flower to flower collecting pollen.

