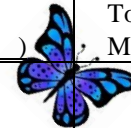
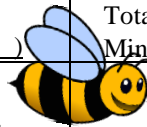




<p>Play "Simon Says" outside</p> <p>Total Move Minutes (____)</p>	<p>Go for a nature walk and draw any insect you see</p> <p>Total Move Minutes (____)</p>	<p>Roll down a hill</p> <p>Total Move Minutes (____)</p>	<p>Play tag like squirrels</p> <p>Total Move Minutes (____)</p>	<p>Try jumping on both feet over a sidewalk crack.</p> <p>Total Move Minutes (____)</p>	<p>Go for a walk as a family</p> <p>Total Move Minutes (____)</p>	<p>Play "Imagine That"</p> <p>Total Move Minutes (____)</p>
<p>Draw a chalk art picture on the sidewalk</p> <p>Total Move Minutes (____)</p>	<p>Play "I Spy" Outside</p> <p>Total Move Minutes (____)</p>	<p>Chase bubbles, then try to draw the wind</p> <p>Total Move Minutes (____)</p>	<p>Toss a bandana up in the air and catch it different ways</p> <p>Total Move Minutes (____)</p>	<p>Create an obstacle course</p> <p>Total Move Minutes (____)</p>	<p>Play balloon soccer</p> <p>Total Move Minutes (____)</p>	<p>Hold a crab scuttle race</p> <p>Total Move Minutes (____)</p>
<p>Roll a ball back and forth to each other</p> <p>Total Move Minutes (____)</p>	<p>Create your own silly walk or dance move</p> <p>Total Move Minutes (____)</p>	<p>Draw four shapes and run to the shape called</p> <p>Total Move Minutes (____)</p>	<p>Have a picnic outside. Take turns playing server.</p> <p>Total Move Minutes (____)</p>	<p>Play crocodile catch, using your arms to "snap" up the ball</p> <p>Total Move Minutes (____)</p>	<p>Make a paper airplane and fly it outside</p> <p>Total Move Minutes (____)</p>	<p>Put on some music and have a dance party</p> <p>Total Move Minutes (____)</p>
<p>Play "Red Rover" as a family</p> <p>Total Move Minutes (____)</p>	<p>Put away laundry as a family; ex. Skip away the socks.</p> <p>Total Move Minutes (____)</p>	<p>Lay in the grass and look up at clouds</p> <p>Total Move Minutes (____)</p>	<p>Go bird watching.</p> <p>Total Move Minutes (____)</p>	<p>Stand like a tree. Stretch your fingers out like branches.</p> <p>Total Move Minutes (____)</p>	<p>Plant a seed and draw it as it grows</p> <p>Total Move Minutes (____)</p>	<p>Play "Marco Polo"</p> <p>Total Move Minutes (____)</p>



# Spring 2