



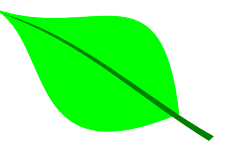

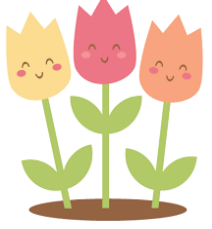




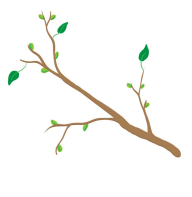


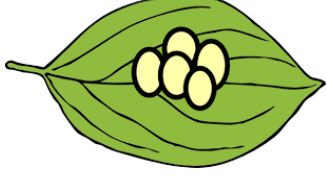


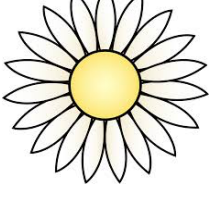




# SPRING-ATHALON!

Spring is here! The air is crisp, there are lovely scents drifting upon it, and the bees, birds, and butterflies are out enjoying the earth. Now it's time for you to get out and enjoy it too! This "Spring-athalon" activity challenges kids to get outside in nature to explore the evidence of spring while getting a healthy dose of physical exercise in the process! Go on a search through your neighborhood, and see how many of these signs of spring you can find. When you find one, perform the exercises written at the bottom of that box! If you find signs of spring not listed on the sheet, draw them into the blank boxes at the bottom, and do an exercise of your choice! To sprinkle a little more fun over each exercises, you can alter them to reflect something in nature- Jumping Jacks and be birds flying, High Knees can be grasshoppers, Squats can be frog jumps..... Just use your imagination!

|  |   |  |   |
|--|---|--|---|
| <p><b>A FLOWERING TREE</b></p>  <p><i>Hold tree pose for 20 secs</i></p>      | <p><b>A BUTTERFLY</b></p>  <p><i>Hold child's pose for 20 secs</i></p> | <p><b>BIRDS</b></p>  <p><i>Do 20 jumping jacks</i></p>            | <p><b>CLOVERS</b></p>  <p><i>Run in place for 10 secs</i></p>                              |
| <p><b>A LIGHT GREEN LEAF</b></p>  <p><i>Stretch arms up for 10 secs</i></p> | <p><b>CLOUDS</b></p>  <p><i>Take 5 slow, deep breaths</i></p>        | <p><b>FLOWERS IN THE GROUND</b></p>  <p><i>Do 10 lunges</i></p> | <p><b>SEEDS/SEED PODS</b></p>  <p><i>Do 10 squats</i></p>                                |
| <p><b>A NEST</b></p>  <p><i>Do 10 scissor kicks</i></p>                     | <p><b>FRUIT GROWING</b></p>  <p><i>Flex your biceps!</i></p>         | <p><b>A FRAGRANT PLANT</b></p>  <p><i>Do 10 high jumps</i></p>  | <p><b>A GREEN SPROUT ON A BROWN TREE BRANCH</b></p>  <p><i>Skip 30 feet and back</i></p> |
| <p><b>A DANDELION</b></p>  <p><i>Do 10 high knees</i></p>                   | <p><b>A BEE ON A PLANT</b></p>  <p><i>Do 5 pushups</i></p>           | <p><b>EGGS</b></p>  <p><i>Do 5 situps</i></p>                   | <p><b>A HUMINGBIRD EATING</b></p>  <p><i>Run 20 seconds and back</i></p>                 |
| <p><b>A PINK FLOWER</b></p>  <p><i>Stretch back in cobra pose</i></p>       | <p><b>A WHITE FLOWER</b></p>  <p><i>Stretch hamstrings</i></p>       | <p><b>A YELLOW FLOWER</b></p>  <p><i>Stretch arms</i></p>       | <p><b>A PURPLE FLOWER</b></p>  <p><i>Stretch calves</i></p>                              |
| <p><b>DRAW YOUR OWN!</b><br/><i>(Use this space to draw another sign of spring you saw.)</i></p>   | <p><b>DRAW YOUR OWN!</b><br/><i>(Use this space to draw another sign of spring you saw.)</i></p>  | <p><b>DRAW YOUR OWN!</b><br/><i>(Use this space to draw another sign of spring you saw.)</i></p>   | <p><b>DRAW YOUR OWN!</b><br/><i>(Use this space to draw another sign of spring you saw.)</i></p>  |

