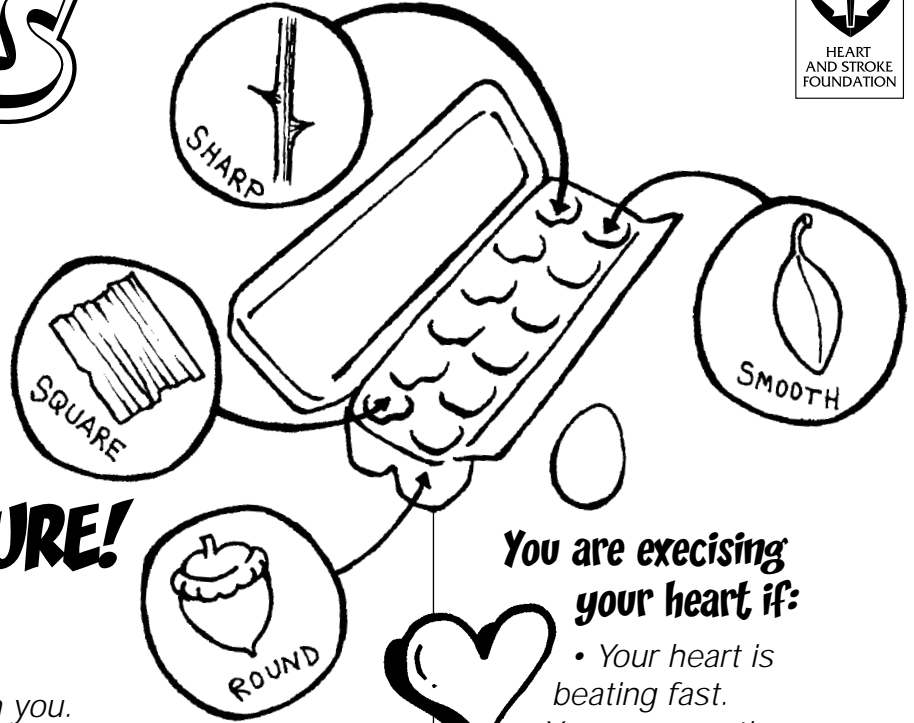


Power Skills



Adventure Outdoors

Explore and enjoy nature!



OPPOSITES IN NATURE!

Ready!

- Invite a parent, helper or friend to join you.
- Get 2 empty egg cartons and draw a line down the middle of each carton.
- Find a park or another natural outdoor area.

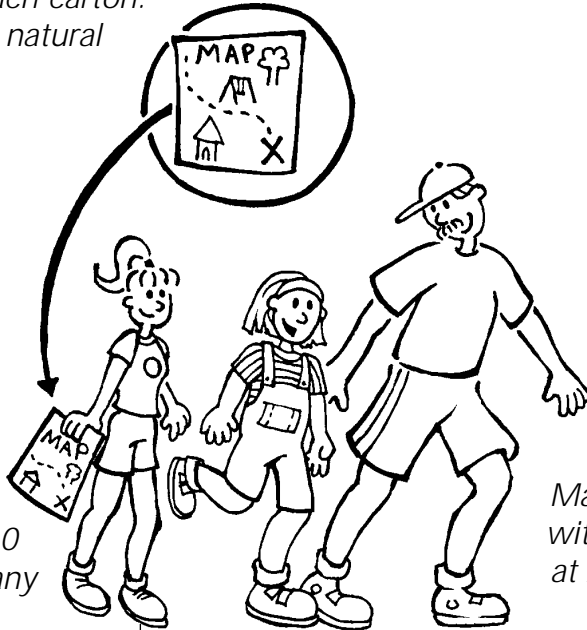
Set!

Brainstorm a list of opposites in nature:

- hard/soft
- wet/dry
- rough/smooth

GO!

- Set a time limit (e.g. 10 minutes) to find as many examples as possible.
- Challenge your partner or work as a team to fill the carton with examples of items that are opposites.



You are exercising your heart if:



- Your heart is beating fast.
- You are sweating.
- You can hear yourself breathe.

Do you exercise your heart most days of the week for 30 minutes?

Alphabet Walk

Go for a walk in your neighbourhood with a family member or group of friends. Match the letters of the alphabet with things you see in nature. Start at A and work together to Z!

A - Apple B - Bark C - Cloud D - Daisies
Q, Z and X are difficult - any suggestions?

Reverse it!

- Find examples of objects you find in nature and see if your friend can guess the opposites.

Heart Leaders!



Set up a cross-country run or walking route for your family. Map it out!

