

# Power Skills



## Adventure Outdoors

Explore and enjoy nature!

### SARDINES!

#### Ready!

- Invite 3 or more family members and friends to join you.
- Choose a safe outdoor area to play this game. Make sure there are lots of safe things to hide behind such as trees, branches, bushes.



#### Set!

##### Learn the Adventure

- While Abdul runs and hides (no more than 50 steps away), the rest of the players close their eyes and count to 50 out loud.
- Each player separately begins the search.
- As each player finds Abdul, he/she hides with him - close together like sardines!
- When the last player finds Abdul, start the game again with someone else hiding first.



#### GO!

Have fun with the adventure.

**Hint:** Some people wear or create camouflage! Think about how animals disguise themselves.

**This is a great indoor rainy day activity too!**

### Heart Leaders!



Make your neighborhood a better place! Clean up the environment, arrange to plant trees... you decide! Set a plan with your friends and family or class to make a difference!

You are exercising your heart if:

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

### Sounds of Nature

With a friend or family member, go for a walk in your neighbourhood, park or natural area. Find a spot, close your eyes and listen carefully.

Record the different sounds. Do any of the sounds have a rhythm or pattern?

For example:

Bird

CHIRP chirp pause CHIRP chirp

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