

# Power Skills



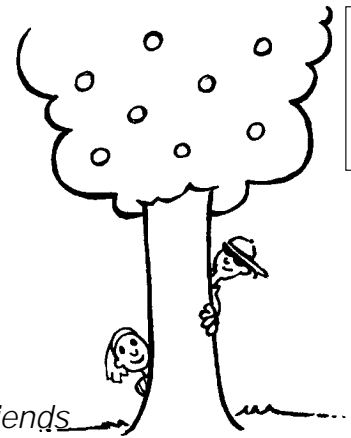
## Adventure Outdoors

Explore and enjoy nature!

### EAGLE EYE!

#### Ready!

- Invite family members and friends to enjoy the activity with you.
- Warm-up with some light stretches.
- Decide who will be the predator (hunter).
- Decide who will be the prey (the hunted).
- Find a safe area to play that has lots of hiding spots (trees, benches, bushes).



### Leaf Detective

Go on a long hike in a park or forested area. Find as many different types of leaves as you can find on the ground. Try to identify the tree that it came from.

Make a collage with all the leaves that you collected.



Do these leaves change colour? If so what colour and shades?

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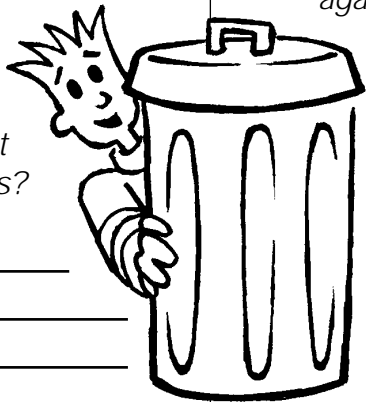
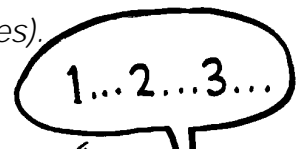
Track your results throughout the year.



#### Set!

#### Learn the Adventure

- Monica "the predator" closes her eyes and counts to 25 - while everyone else "the prey" takes the same number of steps off the path or into the forest.
- Monica then opens her eyes and looks around to see if she can find the prey. If she sees anyone, they must join her and wait until the game is over. If she can't see anyone, she must close her eyes again and count to 5. The prey now must take 5 steps closer to Monica.
- The game continues until all the prey are seen. The game begins again with the last person to be seen is now the predator.



#### GO!

Have fun! Invite more people to join your group for an even bigger adventure!

## Heart Leaders!

Recognizing the signs of a stroke can save a life. Research this topic and think of ways you can inform your friends, family and community. Remember that if anyone has the signs of a stroke, immediately call 9-1-1 or your local emergency number.

