

OUT *and* ABOUT



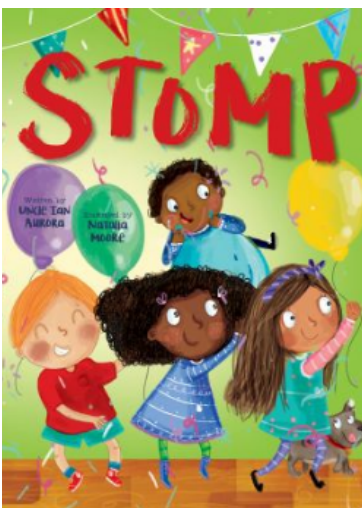
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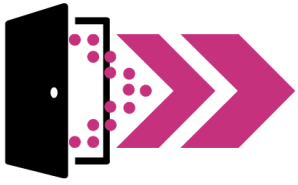
**Week One: Get Up,
Get Out,
Move Around!**

- **Design a bike helmet**
- **Move minutes tracker**
- **Movement cards**
- **Hockey word search**
- **Craft corner: balloon tennis & popsicle stick bike**

**How will
you move
this week?**



**Head over to
rdpl.org/kidssrc for
more fun activities
and book
recommendations!**

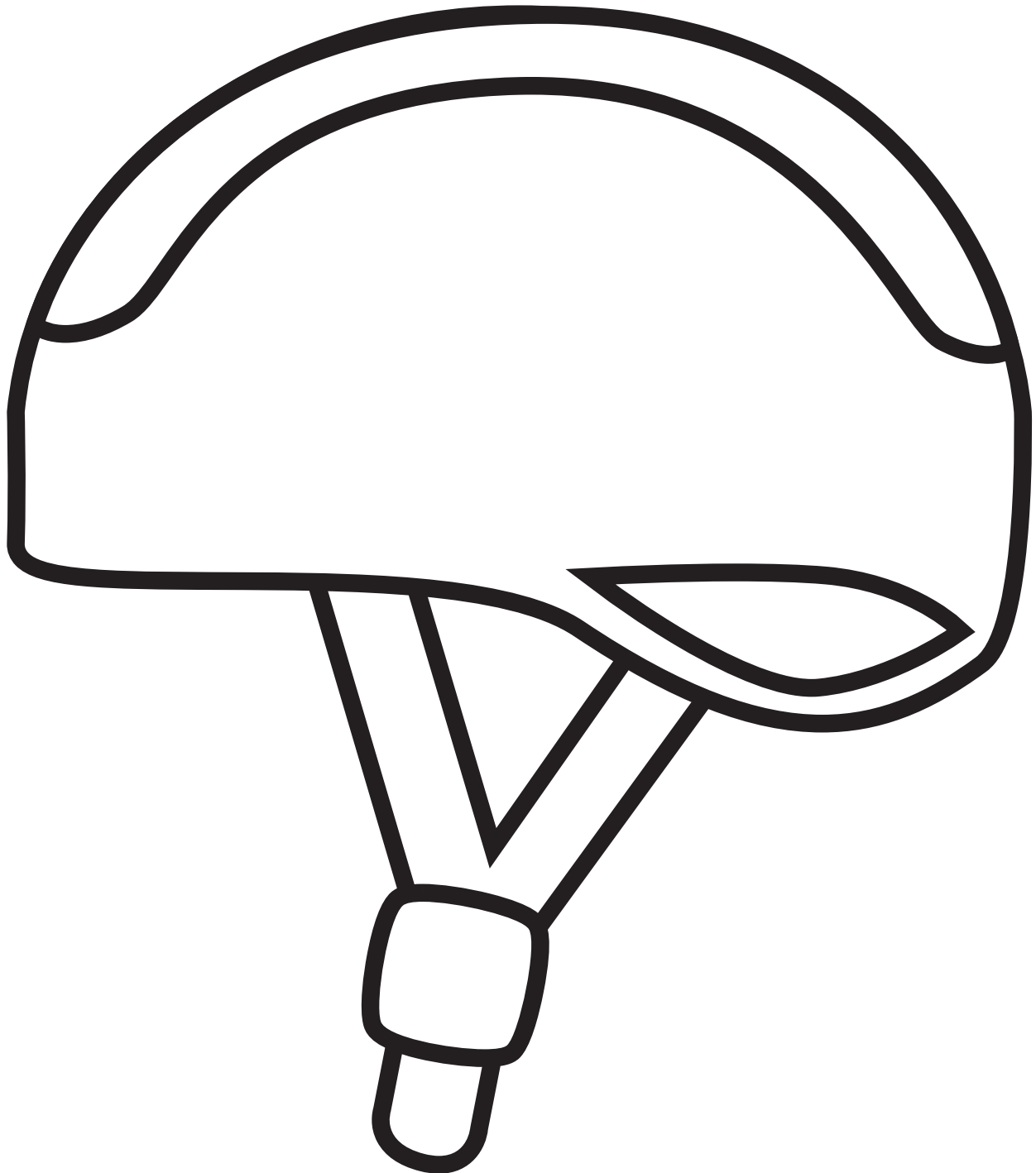


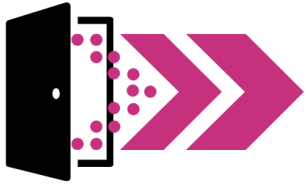
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Decorate the bike helmet below however you'd like to create your perfect helmet!





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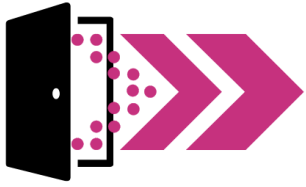
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Use the chart below to track your active minutes this week! Colour in the squares as you go and aim for an hour of activity each day!

	15 Move Minutes	30 Move Minutes	45 Move Minutes	60 Move Minutes	Extra Move Minutes
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

List your favourite movement activities below:



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Cut out these squares, flip them over, and then turn each card over to see which action you need to complete!

HOP LIKE A FROG



FLUTTER LIKE A BUTTERFLY



BUZZ LIKE A BEE



MARCH LIKE AN ANT



FLY LIKE A BIRD



WIGGLE LIKE A WORM



SLIDE LIKE A SNAIL

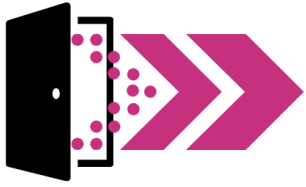


CRAWL LIKE A CATERPILLAR



WADDLE LIKE A DUCK





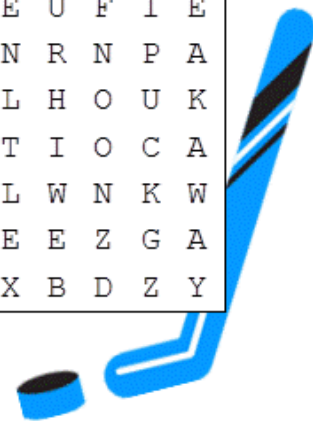
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Hockey Word Search

S	D	A	Q	V	X	T	H	V	H	E	Q	P	B	S	W	H	C	J
D	K	C	E	H	C	Y	D	O	B	X	Q	S	A	L	G	K	U	C
R	I	N	O	B	M	A	Z	F	G	T	H	V	L	P	N	N	C	E
A	R	D	P	B	D	S	A	I	F	D	E	J	I	V	I	I	R	N
O	P	E	N	A	L	T	Y	S	H	O	T	H	P	M	H	R	E	T
B	Q	O	H	B	S	B	U	T	T	E	N	D	I	N	G	U	A	E
V	Q	Z	S	M	E	T	C	T	P	F	R	H	W	N	U	R	S	R
Z	L	D	U	Z	D	O	I	X	H	B	A	R	I	E	O	K	E	T
T	C	Y	R	G	I	E	R	C	J	G	E	C	P	E	R	V	U	H
S	B	D	N	H	S	J	M	F	K	P	I	Y	E	Z	K	O	J	Z
P	Q	I	A	U	F	E	J	A	E	H	G	L	U	O	S	E	X	B
E	W	B	M	P	F	D	B	E	G	I	A	E	D	S	F	A	D	R
A	X	H	D	T	O	R	K	N	Z	F	Z	N	A	E	U	F	I	E
R	L	O	D	Y	A	L	P	R	E	W	O	P	D	N	R	N	P	A
I	W	O	O	V	A	Y	H	N	I	Q	U	Y	Z	L	H	O	U	K
N	I	K	F	O	K	C	I	R	T	T	A	H	A	T	I	O	C	A
G	J	I	G	J	Q	L	T	F	I	H	S	Q	K	L	W	N	K	W
Y	P	N	E	U	T	R	A	L	Z	O	N	E	K	E	E	Z	G	A
U	K	G	L	Y	L	X	B	G	K	D	R	B	T	X	B	D	Z	Y

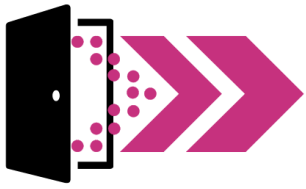


BOARDS
BODY CHECK
BREAKAWAY
BUTT ENDING
CENTER
CREASE
DEKE
DELAY OF GAME

FACE OFF
GOALKEEPER
HAT TRICK
HOOKING
ICING
LINE
NEUTRAL ZONE
ODD MAN RUSH

OFFSIDES
PASS OUT
PENALTY SHOT
POWER PLAY
PUCK
RED LIGHT
RINK
ROUGHING

SAVE
SHIFT
SPEARING
STICKHANDLING
WING
ZAMBONI



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CRAFT CORNER!



See the instructions below to make your own balloon tennis game at home.

Supplies you'll need:

- Two paper plates
- Two popsicle sticks (wide is best)
- Decorating supplies (crayons, stickers, etc)
- Balloon

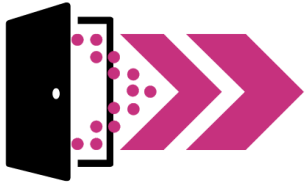


Instructions:

1. Decorate your paper plates however you would like.
2. Once decorated, attach a popsicle stick to the back of each plate.
3. Blow up the balloon.
4. You are now ready to play balloon tennis!

Don't have all of the supplies?

Pick up the Kit to Go from any branch or the Book Bike (while supplies last) to make this craft easier!



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CRAFT CORNER!



See the instructions below to make your own popsicle stick bicycle at home (photo examples on next page).

Supplies you'll need:

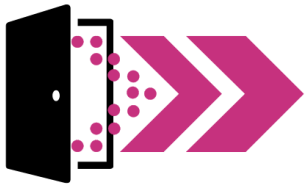
- Cardboard
- Glue
- Scissors
- 16 popsicle sticks
- Colouring materials (markers, crayons, etc)
- Decorating Supplies (stickers, glitter, etc)

Instructions:

1. Grab the popsicle sticks. (8 for the frame, 8 for the spokes)
2. Optional: decorate the popsicle sticks in any way you want, or wait until after they're put together.
3. Cut one stick in half for the bicycle seat.
4. Glue the popsicle stick frame together in the shown shape. Let sit until dry.
5. While you're waiting, grab the cardboard and cut two circles. Cut out a second circle on the inside to make the wheels.
6. Decorate your wheels!
7. Grab the leftover 8 popsicle sticks and glue them on the wheels like shown. Let dry.
8. Once the frame and the wheels are dry, glue them together to make your bike.
9. Add stickers and any finishing touches you'd like!

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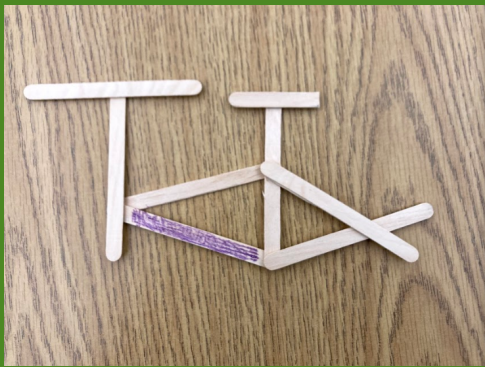
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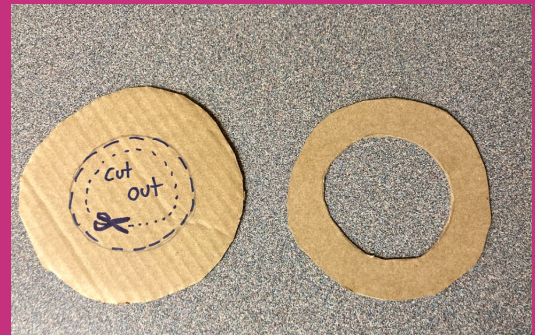
CRAFT CORNER!



See the photo examples below for the popsicle stick bike craft!



Step 4



Step 5



Step 7



Finished Product!