



Complete this worksheet and
turn in to your coach by _____
to get a **ORANGE** star!

Level
#1

Name: _____

Go Outside!

Healthy Habit of the Week:

I am active at least one hour throughout the day, and work hard at being stronger, faster and healthier

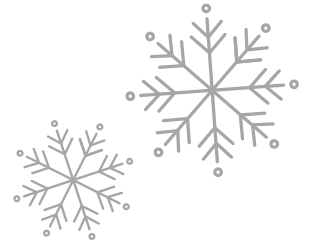
Key Points:

- The sun helps create vitamin D in our body which helps us stay healthy.
- Playing outside helps us be more alert and helps us sleep better at night.
- Make sure to drink water before during and after physical activity to help your body.

What is Your Favorite Thing to do Outside?

Finish each sentence with your favorite active thing to do in each season

My favorite thing to do outside in the winter is...



My favorite thing to do outside in the spring is...



My favorite thing to do outside in the summer is...



My favorite thing to do outside in the fall is...