



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

Level
#2

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:

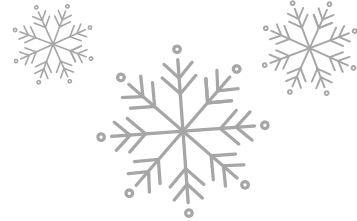
- The sun helps create vitamin D in our body which helps us stay healthy.
- Playing outside helps us be more alert and helps us sleep better at night.
- Make sure to drink water before during and after physical activity to help your body.

What Can I Do Outside?

Fill in the blanks to complete the action for each season.

Winter:

Let's go build a _____!



Spring:

Let's go ride our _____!

Summer:

Cannon Ball into the _____!



Fall:

Let's go jump in a pile of _____!