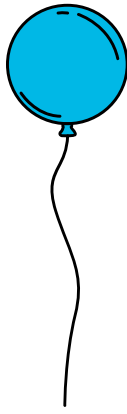


Don't Let the Balloon Touch the Ground!!

1. Blow up the balloon
2. With other family members or by yourself try to keep the balloon in the air by hitting it up every time it begins to float down
3. Too easy? Now try to keep it in the air without using your hands!



Indoor Balloon Volleyball

1. Clear out a space to play, then take two chairs and tie some string from one chair to another
2. Blow up the balloon
3. Play Volleyball



The Balloon Laughing Game

1. Toss a balloon in the air and keep it in the air
2. Each time it falls to the ground start laughing
3. Each time the balloon falls to the ground and you laugh, do a different movement. These can be movements such as laughing while jumping, laughing while running or laughing while turning around, etc...

More Games to Help You Get Moving at Home!

Rainbow Hunt: In each room of the house try and find something that matches each color of the rainbow.



Dance Party!: Turn on some music and have a dance party! You can have a silent dance party where no one talks and the leader just has to show the others how to do the dance moves to make it more challenging.



Create Your Own Obstacle Course: Find household items such as different blankets, baskets, paper plates, and different surfaces. Decide what you will do on each surface. For example, you may decide to run through each blanket, jump in each basket, run circles around each paper plate, and pretend to sleep on the couch. Time yourself and see how quickly you can get through an obstacle course, If someone else is doing it with you then see who can get through the course faster!

The Opposite Game: Tell your partner to do something and they have to do the opposite of what you do. For example, if you tell them to run fast then they have to run slow. Try to see how long you can go before you mess up! It is harder than it seems.

Bounty



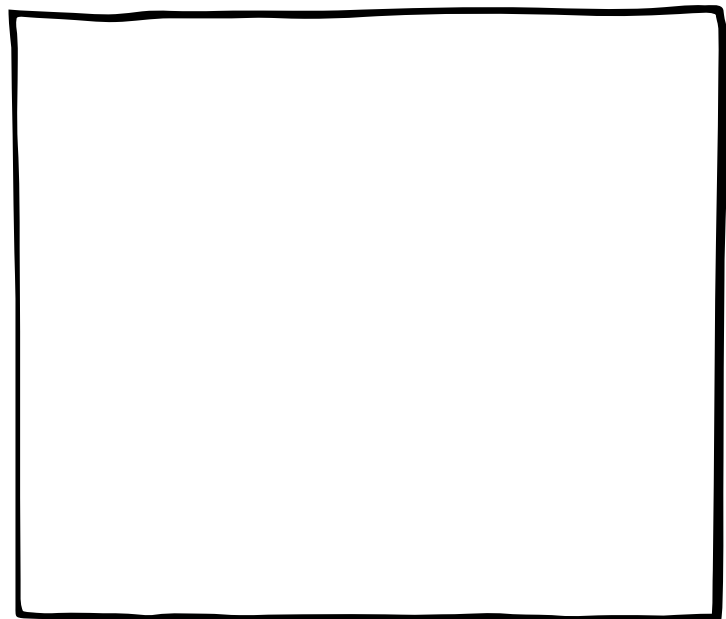
&

Soul



Movement/ Outdoor Activity Book

Now go outside and draw a tree,
the same one that you were
thinking of if you can:



Notice how much detail a tree actually has!

Games to Help You Get Moving at Home!

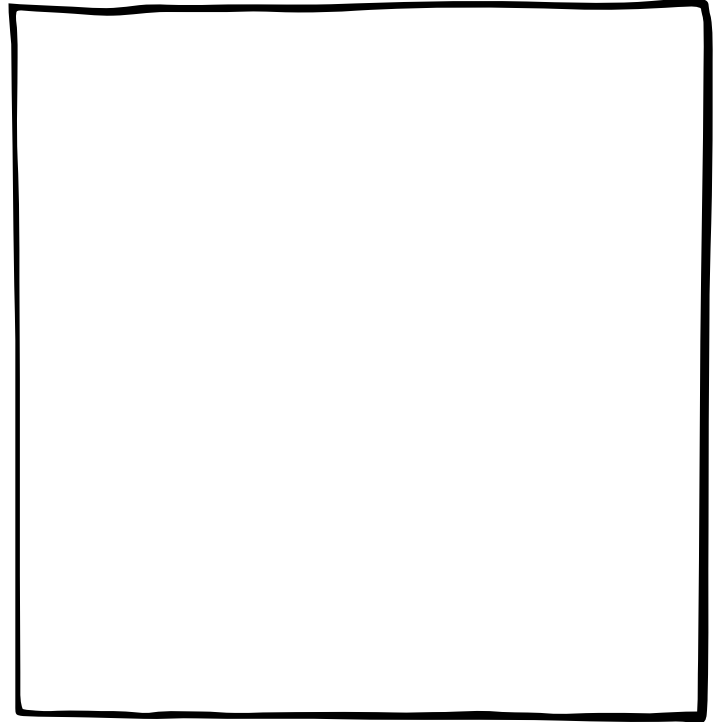


Mirror: Have two people stand facing each other. Make one person the leader. The leader does different movements and/or poses different ways and the other(s) have to copy the movements.

Hide and Find: Take a small object that you have at home and have a partner hide it while you close your eyes. Once they have hidden the item, then it is your job to find it! See which partner can find the object the other person has hidden the fastest!



Think of a tree around where you live. Before going outside draw this tree.



The Very Interesting Tree (MadLibs)

There once was a tree. This tree was very _____ [adjective]. It was _____ [color] and _____ [number] feet tall. When my siblings and I would become bored, we would go outside and _____ [verb] around the tree. We would also _____ [adverb] throw the fruit we picked off the tree back and forth

The fruit that grew on this tree was _____ [adjective]. The fruit was _____ [color] and tasted like a mix between a _____ [noun] and a _____ [noun]. _____ [exclamation]! The smell was the most interesting part. It smelled like a _____ [noun].

The tree felt like a friend so we named the tree _____ [name]. Every day after school would go out to play _____ [preposition] our tree. We played as kids around this tree until we were _____ [number] years old! It really was a very _____ [adjective] tree.

Examples

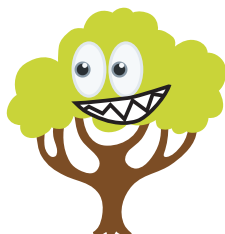
Adverb: Quickly, Quietly, Softly

Exclamation: Wow!, Oh No!, Yuck!, No Way!

Noun: Person, Place or Thing

Verb: Run, Swim, Jog, Hop

Preposition: Under, in, on, around, beside



Love exploring nature? Check out the Arboretum's EcoExplore Program

1. Sign up online
2. Go outside in your own backyard or in designated ecoEXPLORE HotSpots to find wildlife species
3. Take a photo of it and note data about the wildlife species using a phone or by checking out an iPod touch from a LoanSpot.
4. Share it in your EcoExplore portal, where the data will be submitted to the iNaturalist Network to be used by real scientists!