



SUMMER!

FUN ACTIVITY BOOK



**EARLY
LEARNERS**

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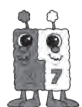







Week 3: Sports and Games

July 3-9

Get serious about fun pastimes from soccer to Sudoku. Our featured careers this week are dancer, athletic trainer, and musician. Scan the QR code or visit MichiganLearning.org/Summer/Sports to explore all of our videos this week.

Use the sheet below to mark off this week's activities as you complete them. See if you can get a BINGO! Some of them are in this book, and some ask you to use your imagination or go outside.



Try Wimee's Maze	 60 mins. of activity	 Read 20 minutes	Draw yourself as an athlete	Watch Read, Write, ROAR!
 Read 20 minutes	 Watch Math Might's	Practice yoga poses	Create patterns with Mr. E's Shells	 60 mins. of activity
 60 mins. of activity	Watch Wimee's Words	 HAVE FUN! (Free Space)	Make up a new sport or game	 Read 20 minutes
Watch Read, Write, ROAR!	Talk to someone who works outside	 Watch Math Might's	Watch InPACT at Home	Watch Wimee's Words
Watch InPACT at Home	 Read 20 minutes	Make an obstacle course	 60 mins. of activity	Try a new food

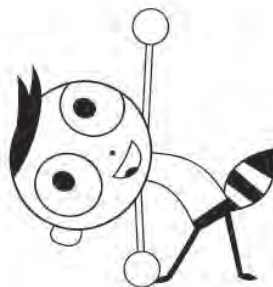


Yoga Poses

Practice these kid-friendly yoga poses.



belly breathing



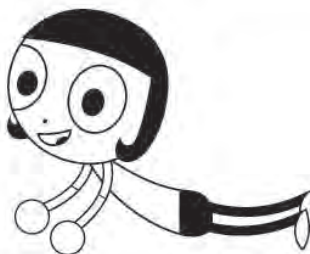
triangle pose



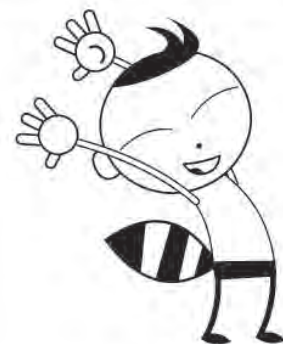
boat pose



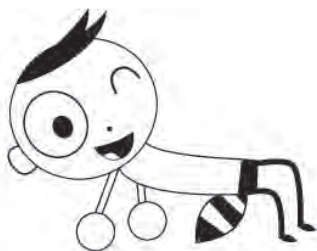
tree pose



cobra pose



waterfall pose



crab pose



frog pose



zero pose

Find more games and activities at pbskidsforparents.org

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IMPACT at HOME

Activity Cards

Cut out the cards. When you're feeling antsy, try following the directions for one of the exercises!

Blast-Off Lunges

INSTRUCTIONS

1. Get into a lunge position with left leg forward, hips underneath you, and right leg behind your right hip.
2. Slowly sink into a lunge, trying to get your knee to touch the ground.
3. Immediately "blast off" by hopping upwards and into next lunge position with right leg forward and left leg behind.
4. If needed, instead of jumping into the next lunge position, jump with feet together and then bounce into lunge position.
5. Repeat as many rounds as possible.

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Side Leg Lifts

INSTRUCTIONS

1. Start by laying on your side with your legs stacked on top of each other.
2. Slowly raise your top leg up towards the sky and then back down.
3. Complete 10 repetitions and then switch legs.
4. Complete 3 sets per leg.
5. For added challenge, tape a bag of water to the top leg for some added weight!

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Tap Backs

INSTRUCTIONS

1. Stand up tall and proud with your feet together and hands on your hips.
2. Take your right foot and tap it right behind you, then place back to starting position.
3. Take your left foot and tap it right behind you, then place back to starting position.
4. Repeat as fast as can to get 100 tapbacks (50 on each leg).

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Ski Jumps

INSTRUCTIONS

1. Start by standing tall with your feet shoulder width apart.
2. Using only your right foot, jump to the left about 2-3 feet and land on your left foot.
3. Gather yourself and then using only your left foot, jump to the right 2-3 feet and land on your right foot.
4. Repeat this as many times as you can for 30 seconds.

Bonus: After each time you jump, touch the ground with the same hand as the side you landed on.
Ex: Land on your left foot, touch the ground with your left hand.

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Cereal Bowl

INSTRUCTIONS

1. Lay flat on your back with feet together.
2. Bring your knees together and raise both legs up so that your feet are facing the ceiling.
3. In slow motion, stir the imaginary bowl of cereal with feet and keep hands under your bottom.
4. Repeat 30 times.

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Lay Down Hip Stretch

INSTRUCTIONS

1. Start by sitting at the edge of a bed in a relaxed position with your feet hanging off.
2. Lay back, and pull your right knee towards your chest while keeping your left leg hanging off the bed.
3. Pull your knee until you feel a stretch in your left hip and hold for 10-15 seconds.
4. Relax, switch legs, and then repeat 2-3 times per leg.

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Aligator Breath

INSTRUCTIONS

1. Stand with legs hip-width apart.
2. Spread arms out wide and inhale as you reach outward.
3. When you exhale, clap your hands together as many times as possible like baby alligator jaws.

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Cloud Watching

INSTRUCTIONS

1. Find a day where there are a lot of clouds in the sky.
2. Lay down on your back on the ground or in the grass and look up into the sky.
3. Watch and admire all the different clouds. Look at the different shapes they make, how fast/slow they're moving, and where they are moving to!

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**Help Wimee get to his friend's house.
Then, circle all the letters you can find.**



Join our live interactive shows at Wimee.tv





Name _____

Try a New Food. It Might Taste Good!

If you try lots of different foods, you might find something that's grr-ific!

Did you know that you should try a new food more than ten times? Your taste buds need to get used to it! Talk with your child about the different food groups.



Try out foods from each group:

fruit











protein

grain

vegetable

dairy

Draw a picture of the food you tried. For each food, circle the picture of the face that shows if you thought it was good or if you will try it again.

A Fruit (Like a banana, a kiwi, or a pear)		 Good	 I'll try it again.
A Vegetable (Like lettuce, a cucumber, or an eggplant)		 Good	 I'll try it again.
A Protein (Like beans, nuts, or eggs)		 Good	 I'll try it again.
A Dairy Food (Like yogurt or cheese)		 Good	 I'll try it again.
A Grain Food (Like quinoa, wheat bread, or pita)		 Good	 I'll try it again.

Find more games and activities at **pbskidsforparents.org**



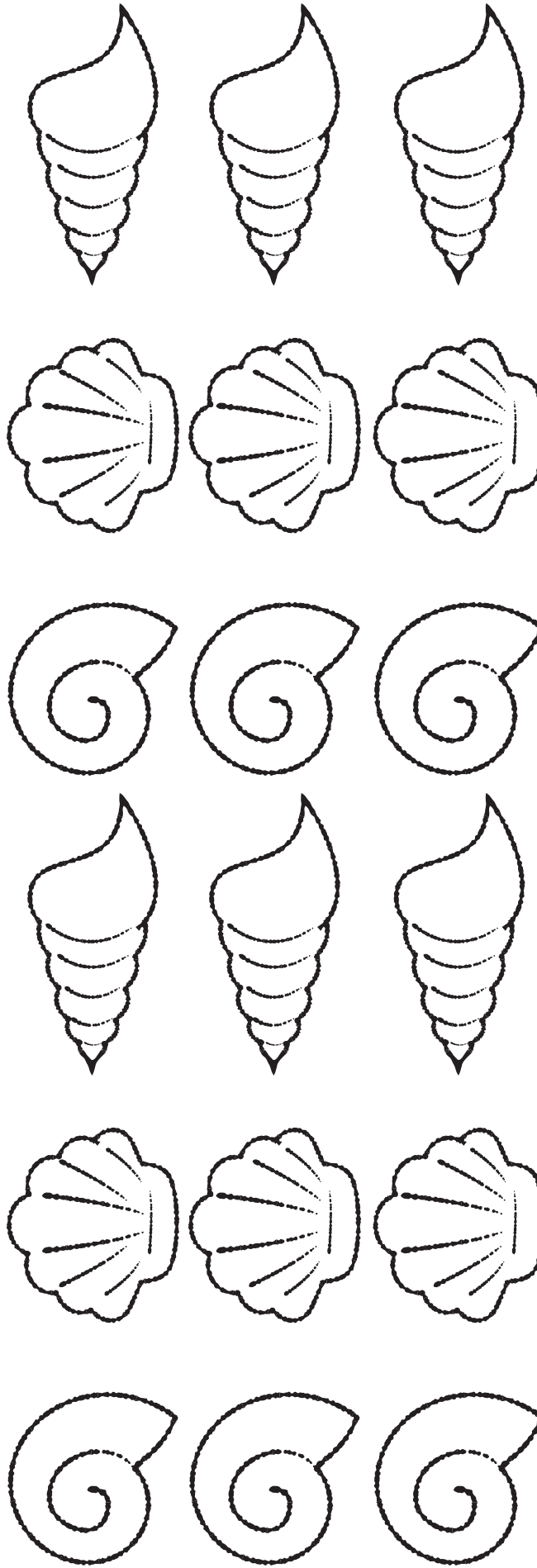
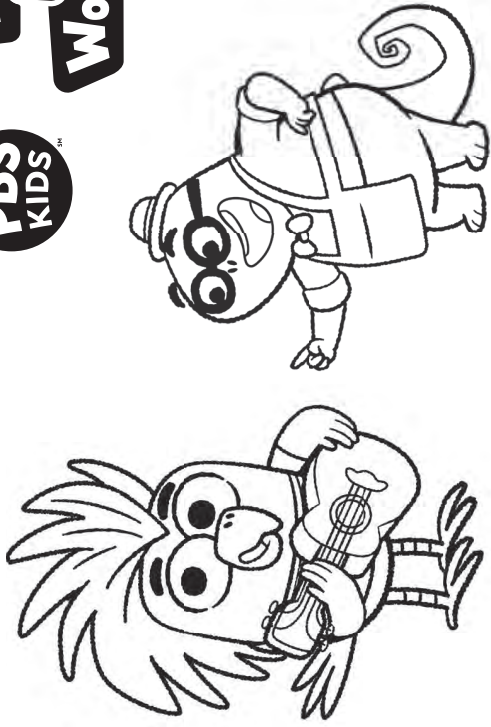
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Create Patterns

Mr. E's Shell Garden

Color in Mr. E's garden. Use the same pattern of colors that JunJun sings in his song: blue, yellow, yellow!



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ACTIVITY GUIDE

Episode 206: Storms and the Letter S

Book: *Thunder and Lightning* by Wendy Pfeffer

Scan below to watch lesson



Draw It

Draw a picture of what you may see during a thunderstorm.



Ask an adult to help you create a list of clothing you can wear in the rain..

Letter Heroes

The word **storm** begins with the letter **s**.

Ss

Highlight or lightly color over the uppercase letter **S's** and lowercase letter **s's** in the sentence below.

When I stepped outside, it started to storm.

Write It

Have an adult help you read the following words out loud. Unscramble the words to make a sentence. Write the words on the lines below.

when

can

storms.

it

stay

safe

I

inside



Represent the Equation

Directions: Using two different colors fill in the Counting Buddy Senior to represent the equation.



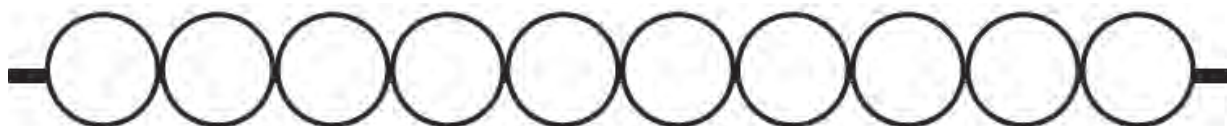
Example: $10 = 6 + 4$



$10 = 5 + 5$



$10 = 7 + 3$



$10 = 1 + 9$





WHAT IS MEET UP AND EAT UP?

Meet Up and Eat Up provides FREE nutritious meals for children and teens 18 years and younger.

HOW DO I SIGN UP?

No application or sign-up needed, just come and join us!

WHERE IS IT?

To find a location near you

Visit: www.michigan.gov/meetupeatup

Call: 211

Text: Food to 304-304

Mande por texto "Comida" al 304-304



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