

TREE WALK

Go for a walk with your family. See how many trees you can identify by their leaves. Some common Utah trees include willow, aspen, oak, maple, pine, cottonwood, peach, apple, cherry. When you arrive home, draw a picture of your favorite activity in a tree. This can be climbing, swinging, a tree fort, or eating fruit from a tree.

DANCE LIKE ME!

Dance like me! Put on some dance music and take turns being the leader who says, "Dance Like Me!" The other dancers try to dance like the leader.

PRETEND

Play pretend: pretend you are at the zoo and be different animals; pretend you are at the hair salon and style your hair; pretend you are dinosaurs or knights or ninjas; pretend you are pirates; pretend the grass is lava.

POST OFFICE

Play post office with junk mail or you can write letters of your own. If you have delivery boxes at home, the letter carrier can deliver those, too. You can deliver mail to stuffed animals or other toys. Draw pictures on the envelopes for an address label, and make some stamps by cutting small squares and taping or gluing them on the letters.

DANCE ...

Find a movie or a TV show with a dance routine in it, or find a dance routine online. Can you learn all of the steps? Once you do, put on a show for your family or teach them and make them do it with you.

LETS STRETCH

Reach up towards the ceiling, then touch your toes. Raise your hands up in the air and stretch the right, then to the left. Next, spin around in a circle and then try to stand on one foot.

BUBBLE CONTEST

Go outside and have a bubble blowing contest. See who can blow the biggest, the smallest, the most bubbles at once. All that deep breathing in and out is very relaxing, too.

MOVE LIKE AN ANIMAL

Move like an animal: can you waddle like a duck? Walk on four "legs" like a cat? Flap your "wings" like a bird? What other animals can you imitate?

CHALK ART GALLERY

Use chalk art and make an "art gallery" on the sidewalk or make chalk art you can "live in" and take picture of you standing on "the moon" or wrestling a tiger.

FLOWER WALK

Go for a walk with your family. See how many flowers you can identify in your neighborhood. You might find some of the following: iris, sunflower, poppy, rose, lily, pansy, daisy, daffodil, petrunia. When you arrive home, draw and color your favorite flower.