



[] An acorn (do 5 jumping jacks)

A colorful bird []
(sing like a bird)





[] A green leaf (jog in place for 5 seconds) Animal tracks []

(what animal made them?)





[] A spider web (spin 3 times)

A purple flower []

(dance in place for 10 seconds)





[] A y-shaped stick

(dance in place for 10 seconds)

A heart rock []

(get your heart pumping with your choice cardio)





[] A colorful bug (do 5 squats) A cloud shaped like an animal []

(act like that animal)

LEAVE NO TRACE: Know your route before you go! Use the right path! Trash your trash!

Leave what you find! Be careful with fire! Respect wildlife! Be kind to others!