



# Winter



<p>Bundle up and go for a walk</p> <p>Total Move Minutes ( )</p>	<p>Put on some music and have a dance party</p> <p>Total Move Minutes ( )</p>	<p>Have an indoor snowball fight with paper balls</p> <p>Total Move Minutes ( )</p>	<p>Go on a "Bear" hunt</p> <p>Total Move Minutes ( )</p>	<p>Play balloon volleyball</p> <p>Total Move Minutes ( )</p>	<p>Bundle up and go on a nature walk</p> <p>Total Move Minutes ( )</p>	<p>Race like crabs across the room or yard</p> <p>Total Move Minutes ( )</p>
<p>Set up a "laser" maze with yarn.</p> <p>Total Move Minutes ( )</p>	<p>Set up indoor or outdoor activity stations and rotate through them</p> <p>Total Move Minutes ( )</p>	<p>Bundle up and have a snowball fight</p> <p>Total Move Minutes ( )</p>	<p>Play indoor hopscotch</p> <p>Total Move Minutes ( )</p>	<p>Have a penguin race</p> <p>Total Move Minutes ( )</p>	<p>Bundle up and go to the playground</p> <p>Total Move Minutes ( )</p>	<p>Go on a walk to create a winter nature book</p> <p>Total Move Minutes ( )</p>
<p>Go on a color hunt and draw pictures of what you find</p> <p>Total Move Minutes ( )</p>	<p>Walk like an animal</p> <p>Total Move Minutes ( )</p>	<p>Bundle up and go puddle or snow jumping</p> <p>Total Move Minutes ( )</p>	<p>Toss around a beach ball/balloon in a blanket or sheet</p> <p>Total Move Minutes ( )</p>	<p>Bundle up and make snow angels</p> <p>Total Move Minutes ( )</p>	<p>Create an indoor obstacle course with pillows</p> <p>Total Move Minutes ( )</p>	<p>Play Hide and Seek</p> <p>Total Move Minutes ( )</p>
<p>Create a music parade around the house/neighborhood</p> <p>Total Move Minutes ( )</p>	<p>Bundle up and chase some frozen bubbles</p> <p>Total Move Minutes ( )</p>	<p>Play a movement game like Twister or Simon Says</p> <p>Total Move Minutes ( )</p>	<p>Go on a nature scavenger hunt</p> <p>Total Move Minutes ( )</p>	<p>Race to build the biggest snowball/snowman</p> <p>Total Move Minutes ( )</p>	<p>Play Red-Light, Green-Light</p> <p>Total Move Minutes ( )</p>	<p>Play freeze tag</p> <p>Total Move Minutes ( )</p>



Total Monthly Move Minutes: \_\_\_\_\_

Child's Name: \_\_\_\_\_ Parent's Name: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# Spring



<p>Go for a hike</p> <p>Total Move Minutes ( )</p>	<p>Go for a nature walk and draw the flowers you see</p> <p>Total Move Minutes ( )</p>	<p>Climb a tree</p> <p>Total Move Minutes ( )</p>	<p>Go on a nature scavenger hunt</p> <p>Total Move Minutes ( )</p>	<p>Go puddle jumping</p> <p>Total Move Minutes ( )</p>	<p>Go for a walk</p> <p>Total Move Minutes ( )</p>	<p>Play Red-Light, Green-Light</p> <p>Total Move Minutes ( )</p>
<p>Go play at the playground</p> <p>Total Move Minutes ( )</p>	<p>Go on a color hunt for spring colors</p> <p>Total Move Minutes ( )</p>	<p>Chase bubbles</p> <p>Total Move Minutes ( )</p>	<p>Toss around a beach ball/balloon in a blanket or sheet</p> <p>Total Move Minutes ( )</p>	<p>Create an obstacle course</p> <p>Total Move Minutes ( )</p>	<p>Play balloon volleyball</p> <p>Total Move Minutes ( )</p>	<p>Have bunny hop races</p> <p>Total Move Minutes ( )</p>
<p>Play catch</p> <p>Total Move Minutes ( )</p>	<p>Go for a walk or run</p> <p>Total Move Minutes ( )</p>	<p>Draw four colored squares and run to the color called</p> <p>Total Move Minutes ( )</p>	<p>Play hide and seek</p> <p>Total Move Minutes ( )</p>	<p>Play follow the leader and walk like animals</p> <p>Total Move Minutes ( )</p>	<p>Go fly a kite</p> <p>Total Move Minutes ( )</p>	<p>Put on some music and have a dance party</p> <p>Total Move Minutes ( )</p>
<p>Go for a bike ride</p> <p>Total Move Minutes ( )</p>	<p>Set up activity stations and rotate through them</p> <p>Total Move Minutes ( )</p>	<p>Play tag</p> <p>Total Move Minutes ( )</p>	<p>Go on a "Bear" hunt</p> <p>Total Move Minutes ( )</p>	<p>Go on a walk to create a spring nature book</p> <p>Total Move Minutes ( )</p>	<p>Plant a garden</p> <p>Total Move Minutes ( )</p>	<p>Play hopscotch</p> <p>Total Move Minutes ( )</p>



Total Monthly Move Minutes: \_\_\_\_\_

Child's Name: \_\_\_\_\_ Parent's Name: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_





# Summer



Go to a splash pad Total Move Minutes ( )	Play soccer Total Move Minutes ( )	Set up activity stations and rotate through them Total Move Minutes ( )	Go for a walk Total Move Minutes ( )	Play catch Total Move Minutes ( )	Go on a color hunt for summer colors Total Move Minutes ( )	Go swimming Total Move Minutes ( )
Play basketball Total Move Minutes ( )	Go for a hike Total Move Minutes ( )	Throw a Frisbee Total Move Minutes ( )	Run through the sprinklers Total Move Minutes ( )	Play tag Total Move Minutes ( )	Go for a bike ride Total Move Minutes ( )	Play regular/balloon volleyball Total Move Minutes ( )
Play kickball or baseball Total Move Minutes ( )	Go fly a kite Total Move Minutes ( )	Have a water balloon fight Total Move Minutes ( )	Weed the garden Total Move Minutes ( )	Go on a walk to create a summer nature book Total Move Minutes ( )	Play at the playground Total Move Minutes ( )	Play at the lake Total Move Minutes ( )
Play hide and seek Total Move Minutes ( )	Create an obstacle course Total Move Minutes ( )	Climb a tree Total Move Minutes ( )	Go on a nature scavenger hunt Total Move Minutes ( )	Play hopscotch Total Move Minutes ( )	Chase bubbles Total Move Minutes ( )	Go for a nature walk and draw the bugs you see Total Move Minutes ( )



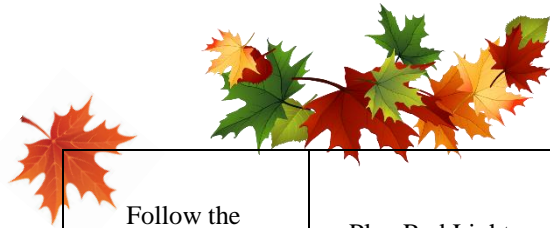
Total Monthly Move Minutes: \_\_\_\_\_

Child's Name: \_\_\_\_\_ Parent's Name: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# Autumn



<p>Follow the leader and walk like animals</p> <p>Total Move Minutes ( )</p>	<p>Play Red Light, Green Light</p> <p>Total Move Minutes ( )</p>	<p>Go fly a kite</p> <p>Total Move Minutes ( )</p>	<p>Play hide and seek</p> <p>Total Move Minutes ( )</p>	<p>Play soccer</p> <p>Total Move Minutes ( )</p>	<p>Go for a hike</p> <p>Total Move Minutes ( )</p>	<p>Create an obstacle course</p> <p>Total Move Minutes ( )</p>
<p>Play kickball or baseball</p> <p>Total Move Minutes ( )</p>	<p>Set up activity stations and rotate through them</p> <p>Total Move Minutes ( )</p>	<p>Throw a Frisbee</p> <p>Total Move Minutes ( )</p>	<p>Jump in piles of leaves and make leaf angels</p> <p>Total Move Minutes ( )</p>	<p>Climb a tree</p> <p>Total Move Minutes ( )</p>	<p>Go for a walk</p> <p>Total Move Minutes ( )</p>	<p>Have a dance party</p> <p>Total Move Minutes ( )</p>
<p>Go for a nature walk and draw the leaves you see</p> <p>Total Move Minutes ( )</p>	<p>Play catch</p> <p>Total Move Minutes ( )</p>	<p>Go on a nature scavenger hunt</p> <p>Total Move Minutes ( )</p>	<p>Play tag</p> <p>Total Move Minutes ( )</p>	<p>Go on a walk to create a fall nature book</p> <p>Total Move Minutes ( )</p>	<p>Play hopscotch</p> <p>Total Move Minutes ( )</p>	<p>Go on a color hunt for fall colors</p> <p>Total Move Minutes ( )</p>
<p>Go for a bike ride</p> <p>Total Move Minutes ( )</p>	<p>Play at the playground</p> <p>Total Move Minutes ( )</p>	<p>Chase bubbles</p> <p>Total Move Minutes ( )</p>	<p>Go on a pinecone/leaf hunt</p> <p>Total Move Minutes ( )</p>	<p>Go puddle jumping</p> <p>Total Move Minutes ( )</p>	<p>Build a fort</p> <p>Total Move Minutes ( )</p>	<p>Rake the leaves</p> <p>Total Move Minutes ( )</p>



Total Monthly Move Minutes: \_\_\_\_\_

Child's Name: \_\_\_\_\_ Parent's Name: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

