

Be Active Every Day for at Least 60 minutes
and you will be a 'Move-It" Kid!



After kicking the football, explorers like to throw it. Color this picture.



Explorers eat healthy foods so they have energy to be active, play and have lots of fun.
Can you find the words hidden in this puzzle?

Y	D	E	V	O	M	J	P	N	G	ACTIVE FUN JUMP RUN BICYCLE MOVE WALK DANCE
I	G	E	C	J	Y	E	Y	I	J	
D	M	A	Z	P	C	P	M	U	J	
E	R	M	P	V	Z	J	M	Z	F	
A	B	I	C	Y	G	L	E	I	X	
A	C	T	I	V	E	R	C	T	A	
J	L	P	E	F	U	N	N	H	N	
W	A	L	K	P	Y	C	A	P	U	
L	M	Q	R	R	B	G	D	M	R	
C	L	F	Q	J	I	I	W	X	Y	