

**What are three
fun, healthy
activities you can
do outside in the
summertime?**



**Get outdoors! Play a game of
Simon Says or Red Rover
with your family or
neighbors. Fresh air
and exercise help
everyone feel
good!**



Reach for the sky. Stand with your feet firm and reach both arms as high as you can. Hold and count to 10. Can you do this five times?

