



# PURSUIT and STAR Academy Activity Workbook

## Tenth Edition



## EXPLORE YOUR INTERESTS!

Name That Site

Week At A Glance

Word Scramble

Fitness

Cooking

Reading

Spot The Difference

NWSRA Math

Symmetry

Coloring

Answer Keys

## #NWSRAConnected

We look forward to continuing to provide outstanding recreational programming in the comfort of your own home. We are excited to share our Activity Workbook! The workbooks will be available by email and our Activity Center. Please contact Katrina Place at [katrinap@nwsra.org](mailto:katrinap@nwsra.org) to request a copy to be mailed. We hope this helps you stay active while keeping your families healthy and well. Be sure to share your completed pages on social media (Facebook, Twitter, Instagram) and use **#NWSRAConnected**.



# NAME THAT SITE

Match the picture to the correct NWSRA Programming Space!

## WORD BANK

Hanover Park Computer Lab

Mount Prospect Lobby Area

Rolling Meadows Meeting Room

Rolling Meadows Dream Lab

Mount Prospect Morning Routine

Rolling Meadows Dream Lab

Mount Prospect Roller Rink

Rolling Meadows Snoezelen Room

Mount Prospect Sensory Door



## *Family Summer Fun!*

MAKE IT MONDAY

TRY IT TUESDAY

WATER WEDNESDAY

THOUGHTFUL THURSDAY

FUN FRIDAY

SIMPLIFY SATURDAY

SLEEPY SUNDAY





# WORD SCRAMBLE

Put your brain to work and unscramble these PURSUIT and  
STAR Academy summer words!

MNNGIRO OHTGNAU \_\_\_\_\_

IEITVCRTAY \_\_\_\_\_

ESUNNHIS \_\_\_\_\_

HGUOANT \_\_\_\_\_

TDROOOU NUF \_\_\_\_\_

AIITVTSCIE \_\_\_\_\_

CNLHU ADN THAC \_\_\_\_\_

ARMW EARETHW \_\_\_\_\_

LCDUSO NI HTE SKY \_\_\_\_\_



## Spell Your Name Workout

Spell out your full name and complete the exercises listed next to each letter in your name. You can do this with your family and friends names, too!

<b>A</b>	<b>10 Jumping Jacks</b>	<b>N</b>	<b>5 Back Lunges</b>
<b>B</b>	<b>30 Second Plank</b>	<b>O</b>	<b>15 High Knees</b>
<b>C</b>	<b>30 Second Crab Walk</b>	<b>P</b>	<b>5 Push-Ups</b>
<b>D</b>	<b>1 Burpee</b>	<b>Q</b>	<b>20 Second Jog</b>
<b>E</b>	<b>20 Sit-Ups</b>	<b>R</b>	<b>5 Jumps in Place</b>
<b>F</b>	<b>5 Squats</b>	<b>S</b>	<b>10 Star Jumps</b>
<b>G</b>	<b>5 Calf Raises</b>	<b>T</b>	<b>5 Front Lunges</b>
<b>H</b>	<b>10 Butt Kicks</b>	<b>U</b>	<b>30 Second Planks</b>
<b>I</b>	<b>20 Second Jog</b>	<b>V</b>	<b>5 Calf Raises</b>
<b>J</b>	<b>10 Arm Circles</b>	<b>W</b>	<b>1 Burpee</b>
<b>K</b>	<b>5 Frog Jumps</b>	<b>X</b>	<b>20 Sit-Ups</b>
<b>L</b>	<b>10 Jumping Jacks</b>	<b>Y</b>	<b>10 Butt Kicks</b>
<b>M</b>	<b>10 Squats</b>	<b>Z</b>	<b>15 High Knees</b>

## 5 Minute Ice Cream



## in a Bag

### Ingredients

- 1 cup milk
- 2 tablespoons sugar
- 2 tablespoons evaporated milk
- 1 teaspoon vanilla extract
- 4 cups coarsely crushed ice
- 3/4 cup salt



### Directions

- In a small resealable plastic bag, combine the milk, sugar, evaporated milk and vanilla. Press out air and seal. In a large resealable plastic bag, combine the ice and salt; add the sealed small bag.
- Seal the large bag; place in another large resealable plastic bag and seal. Shake and knead for 5 minutes or until cream mixture is thickened. Serve immediately or freeze.

### Nutrition Facts

1/2 cup: 146 calories, 5g fat (3g saturated fat), 17mg cholesterol, 69mg sodium, 20g carbohydrate (20g sugars, 0 fiber), 5g protein. **Diabetic Exchanges:** 1-1/2 starch, 1/2 fat.

## SUMMER READING BINGO

As you complete each task, record the title and date for the book you read. Which column, row or diagonal will you finish first? Can you fill the entire card?

<p><b>Read a book that has been made into a MOVIE</b></p> <p>Title: _____</p> <p>Date: _____</p>	<p><b>SWAP a book with a FRIEND</b></p> <p>Title: _____</p> <p>Date: _____</p>	<p><b>Read a GRAPHIC NOVEL or COMIC BOOK</b></p> <p>Title: _____</p> <p>Date: _____</p>	<p><b>Read a book with a ONE WORD TITLE</b></p> <p>Title: _____</p> <p>Date: _____</p>	<p><b>Read a NON-FICTION book</b></p> <p>Title: _____</p> <p>Date: _____</p>
<p><b>READ ALOUD to someone else</b></p> <p>Title: _____</p> <p>Date: _____</p>	<p><b>Read a book that makes you LAUGH</b></p> <p>Title: _____</p> <p>Date: _____</p>	<p><b>Read in BED</b></p> <p>Title: _____</p> <p>Date: _____</p>	<p><b>Read a book by your FAVORITE AUTHOR</b></p> <p>Title: _____</p> <p>Date: _____</p>	<p><b>Listen to an AUDIO STORY</b></p> <p>Title: _____</p> <p>Date: _____</p>
<p><b>Read a book based on a TRUE STORY</b></p> <p>Title: _____</p> <p>Date: _____</p>	<p><b>DRAW a PICTURE about what you read today</b></p> <p>Title: _____</p> <p>Date: _____</p>	<p><b>Read a book PUBLISHED this YEAR</b></p> <p>Title: _____</p> <p>Date: _____</p>	<p><b>Read IN or UNDER a TREE</b></p> <p>Title: _____</p> <p>Date: _____</p>	<p><b>Read an ADVENTURE story</b></p> <p>Title: _____</p> <p>Date: _____</p>
<p><b>Read a book about a HISTORIC event</b></p> <p>Title: _____</p> <p>Date: _____</p>	<p><b>Read your BEST FRIEND'S favorite book</b></p> <p>Title: _____</p> <p>Date: _____</p>	<p><b>Read a book with an ANIMAL on the cover</b></p> <p>Title: _____</p> <p>Date: _____</p>	<p><b>RECORD an AUDIO STORY of you reading</b></p> <p>Title: _____</p> <p>Date: _____</p>	<p><b>Read a book about something SCIENTIFIC</b></p> <p>Title: _____</p> <p>Date: _____</p>
<p><b>Read a book with a NUMBER in the TITLE</b></p> <p>Title: _____</p> <p>Date: _____</p>	<p><b>Read a MAGAZINE about a topic of interest</b></p> <p>Title: _____</p> <p>Date: _____</p>	<p><b>Read a book while EATING a SNACK</b></p> <p>Title: _____</p> <p>Date: _____</p>	<p><b>DRAW a picture of your ALL-TIME favorite character</b></p> <p>Title: _____</p> <p>Date: _____</p>	<p><b>Read a book by a NEW-TO-YOU author</b></p> <p>Title: _____</p> <p>Date: _____</p>



# SPOT THE DIFFERENCE

Can you spot all 10 differences? Circle them when you find them!



# NWSRA MATH

Can you solve the puzzle? Each image is worth a set value.  
Try to solve it!

$$\begin{array}{c} \text{CELEBRATE ABILITY} \\ \text{NWSRA} \\ \text{NORTHWEST SPECIAL RECREATION ASSOCIATION} \end{array} + \begin{array}{c} \text{CELEBRATE ABILITY} \\ \text{NWSRA} \\ \text{NORTHWEST SPECIAL RECREATION ASSOCIATION} \end{array} = \underline{10}$$

$$\begin{array}{c} \text{SLSF} \\ \text{MAKING AN IMPACT FOR NWSRA} \end{array} + \begin{array}{c} \text{CELEBRATE ABILITY} \\ \text{NWSRA} \\ \text{NORTHWEST SPECIAL RECREATION ASSOCIATION} \end{array} = \underline{8}$$

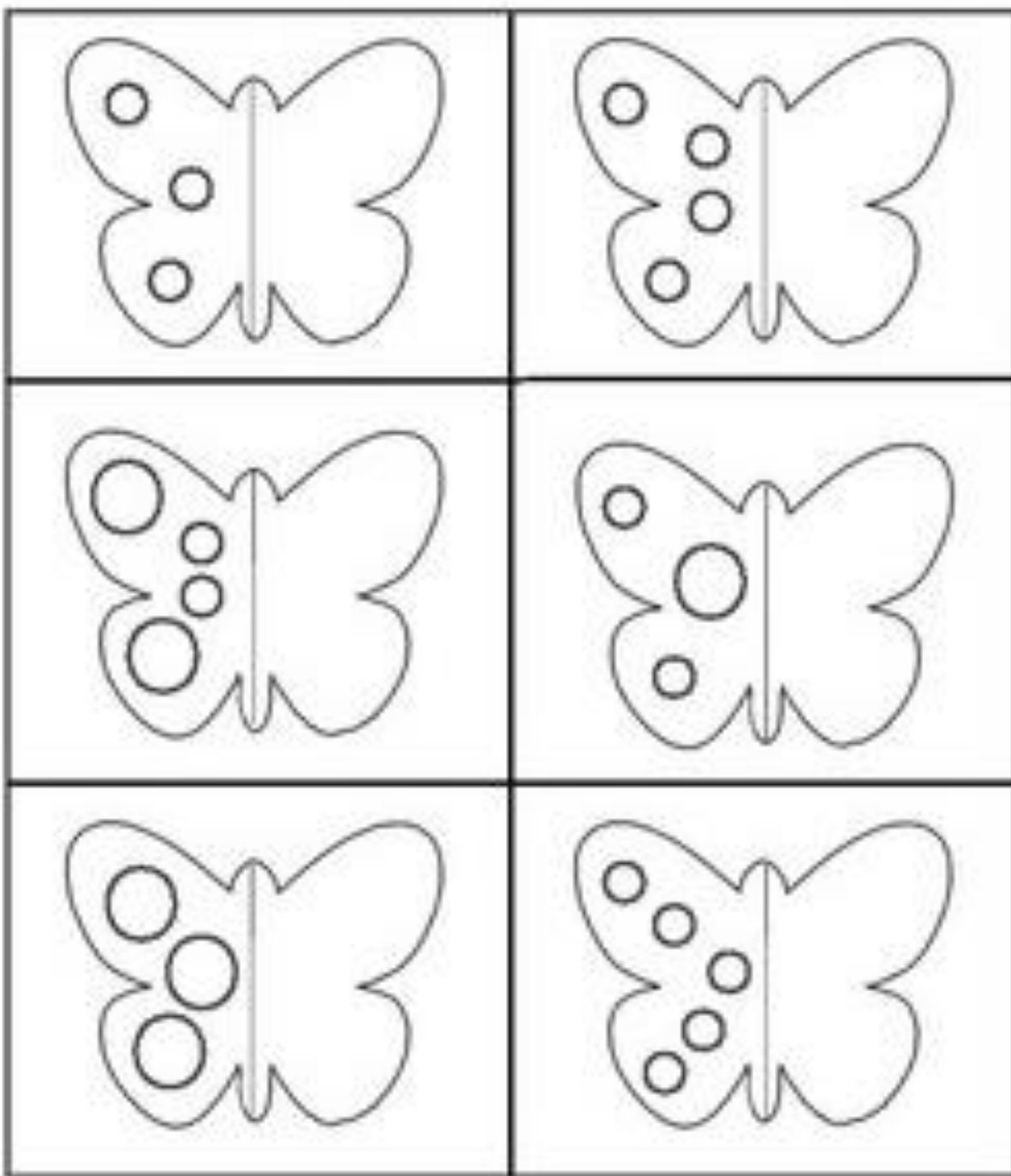
$$\begin{array}{c} \text{SLSF} \\ \text{MAKING AN IMPACT FOR NWSRA} \end{array} + \text{turtle} = \underline{\quad}$$

# SYMMETRY

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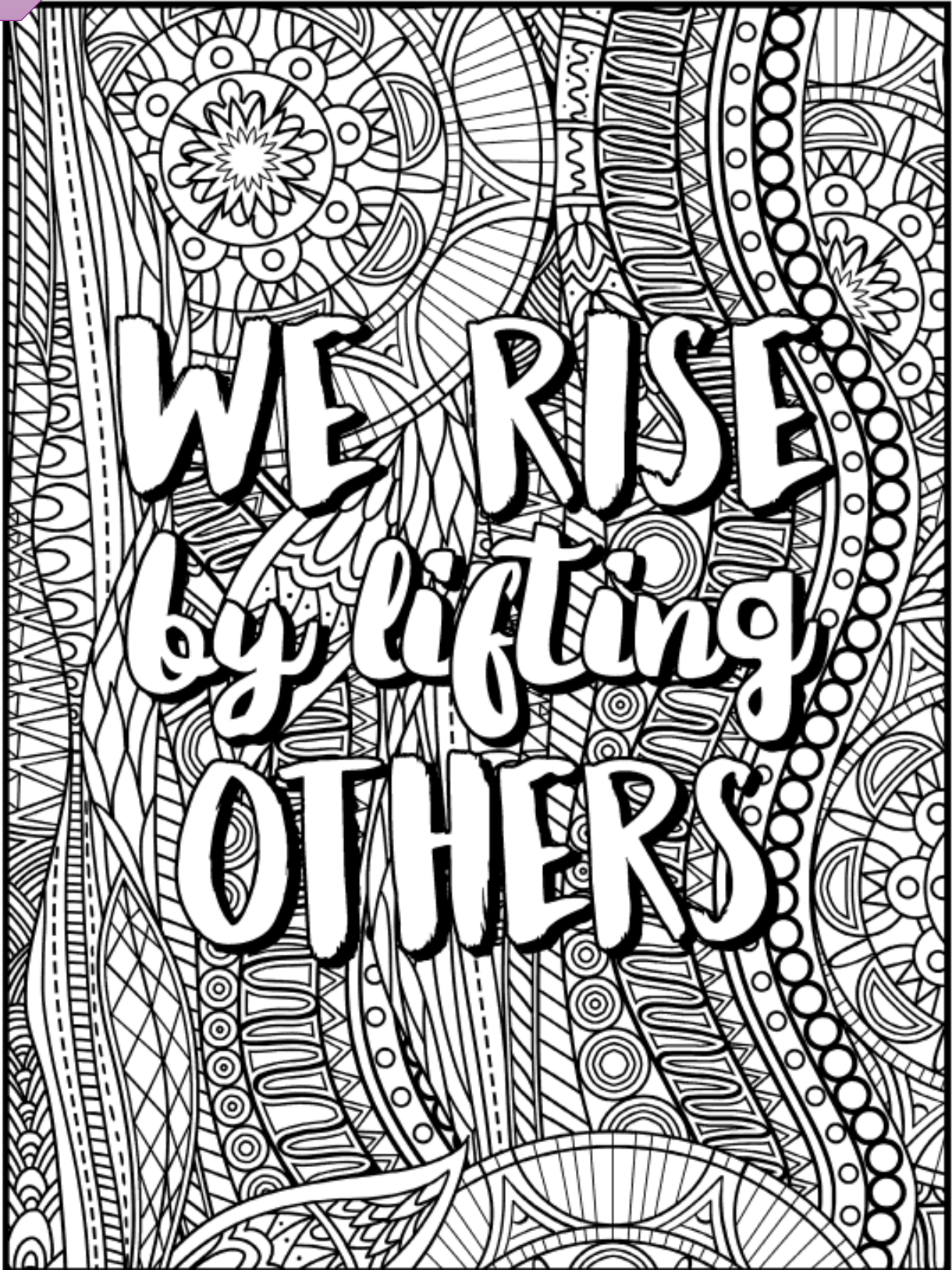
Draw the correct pattern on the butterfly's right wing.  
When you are finished, color each butterfly!

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# COLORING





# ANSWER

# KEY



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## NAME THAT SITE

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1. Mount Prospect Roller Rink
2. Hanover Park Computer Lab
3. Mount Prospect Lobby Area
4. Rolling Meadows Meeting Room
5. Rolling Meadows Dream Lab
6. Rolling Meadows Snoezelen Room
7. Rolling Meadows Dream Lab
8. Mount Prospect Sensory Door
9. Mount Prospect Morning Routine

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## WORD SCRAMBLE

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MNNGIRO OHTGNAU

MORNING HANGOUT

IEITVCRTAY

CREATIVITY

ESUNNHIS

SUNSHINE

HGUOANT

HANGOUT

TDROOOU NUF

OUTDOOR FUN

AIITVTSCIE

ACTIVITIES

CNLHU ADN THAC

LUNCH AND CHAT

ARMW EARETHW

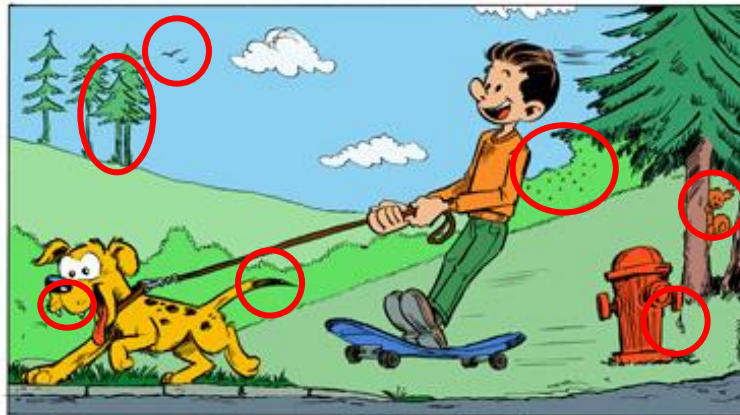
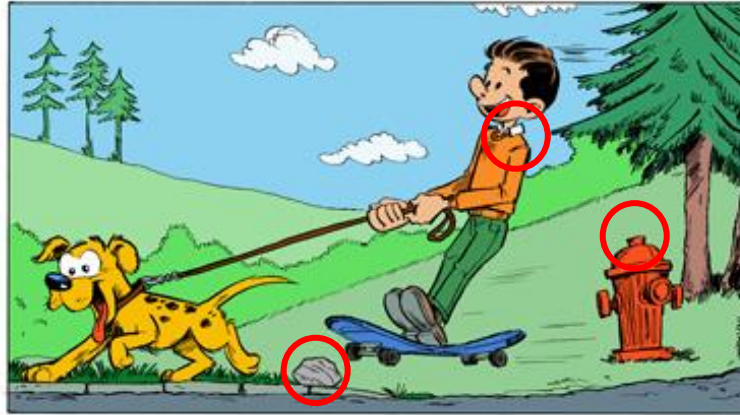
WARM WEATHER

LCDUSO NI HTE SKY

CLOUDS IN THE SKY

# ANSWER KEY

## SPOT THE DIFFERENCE



## NWSRA MATH



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