



PURSUIT and STAR Academy Activity Workbook

Fifth Edition



EXPLORE YOUR INTERESTS!

At Home Scavenger Hunt

Embrace Your Expression

This or That

The Price Is Right

Color Map

Telling Time

Finish The Pattern

Healthy Food Test

Word Search

Dice Fitness

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 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**.



AT HOME SCAVENGER HUNT

Find Something:

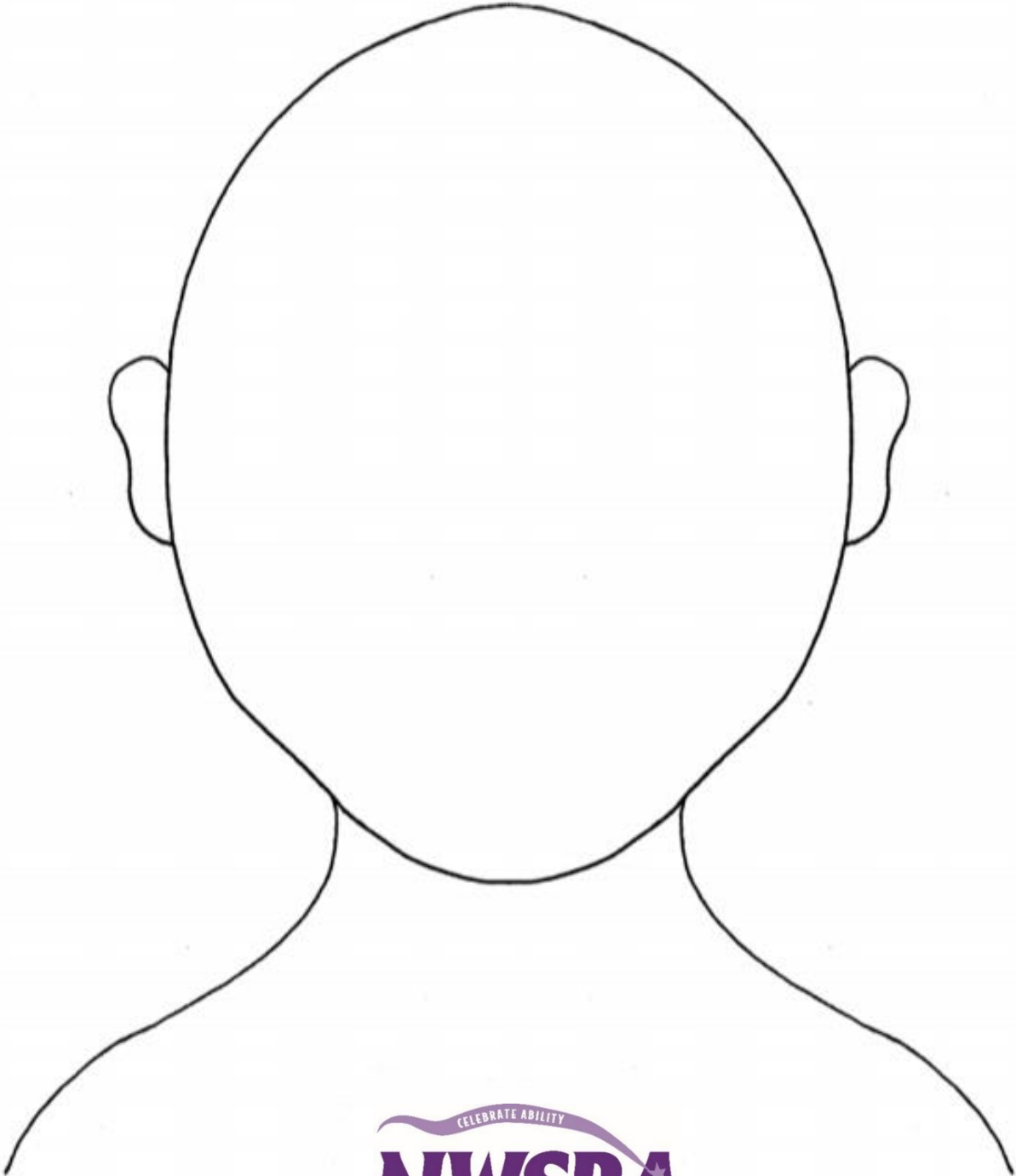
- purple
- you can open
- round
- soft
- hard
- you put on your head
- stuffed
- you use to write with
- you use to eat
- you write on (not this one)
- with a flower on it
- with buttons
- that smells good
- that smells bad
- shiny
- squishy
- blue
- with a pattern
- that holds things
- you can wear



EMBRACE YOUR EXPRESSION



Draw how you feel at PURSUIT or STAR.



THIS OR THAT

Circle your favorite thing!



Cubs OR Sox



Summer OR Winter



Beach OR Mountains



Cats OR Dogs



Rollercoaster OR Water Slide



Chocolate OR Vanilla



M&M's OR Skittles



Pancakes OR Waffles



THE PRICE IS RIGHT

RECEIPT

Prices based on Jewel-Osco prices in the 60008 zip code. Match the grocery store item to the correct price on the receipt. Then, add up all of the items to get the total of your grocery store bill.

_____\$3.49
_____\$2.49
_____\$2.99
_____\$4.99
_____\$1.99
_____\$5.79
_____\$4.79
_____\$1.79
_____\$7.99
_____\$1.99

Total.....

THANK YOU FOR SHOPPING!



COLOR MAP

Find the state on the map and color it with the indicated color list below!



RED

- Alabama
- Hawaii
- Massachusetts
- New Mexico
- South Dakota

BLUE

- Alaska
- Idaho
- Michigan
- New York
- Tennessee

GREEN

- Arizona
- Illinois
- Minnesota
- North Carolina
- Texas

YELLOW

- Arkansas
- Indiana
- Mississippi
- North Dakota
- Utah

ORANGE

- California
- Iowa
- Missouri
- Ohio
- Vermont

PURPLE

- Colorado
- Kansas
- Montana
- Oklahoma
- Virginia

BROWN

- Connecticut
- Kentucky
- Nebraska
- Oregon
- Washington

GRAY

- Delaware
- Louisiana
- Nevada
- Pennsylvania
- West Virginia

PINK

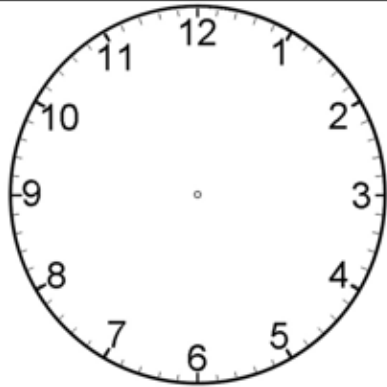
- Florida
- Maine
- New Hampshire
- Rhode Island
- Wisconsin

WHITE

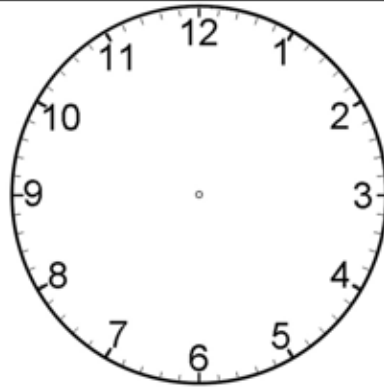
- Georgia
- Maryland
- New Jersey
- South Carolina
- Wyoming

TELLING TIME

Use a short arrow to point to the hour and a long arrow to point to the minutes.



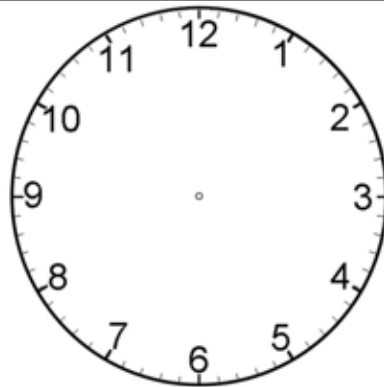
5:00



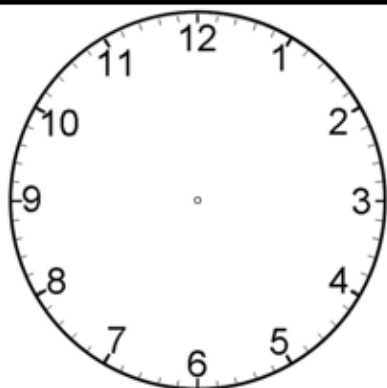
7:15



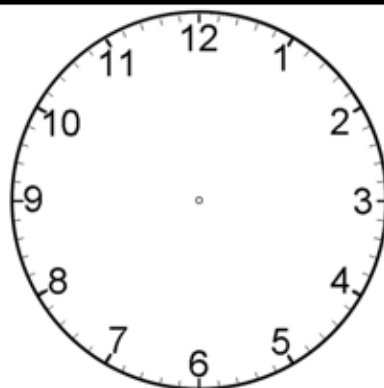
12:30



6:20



3:45

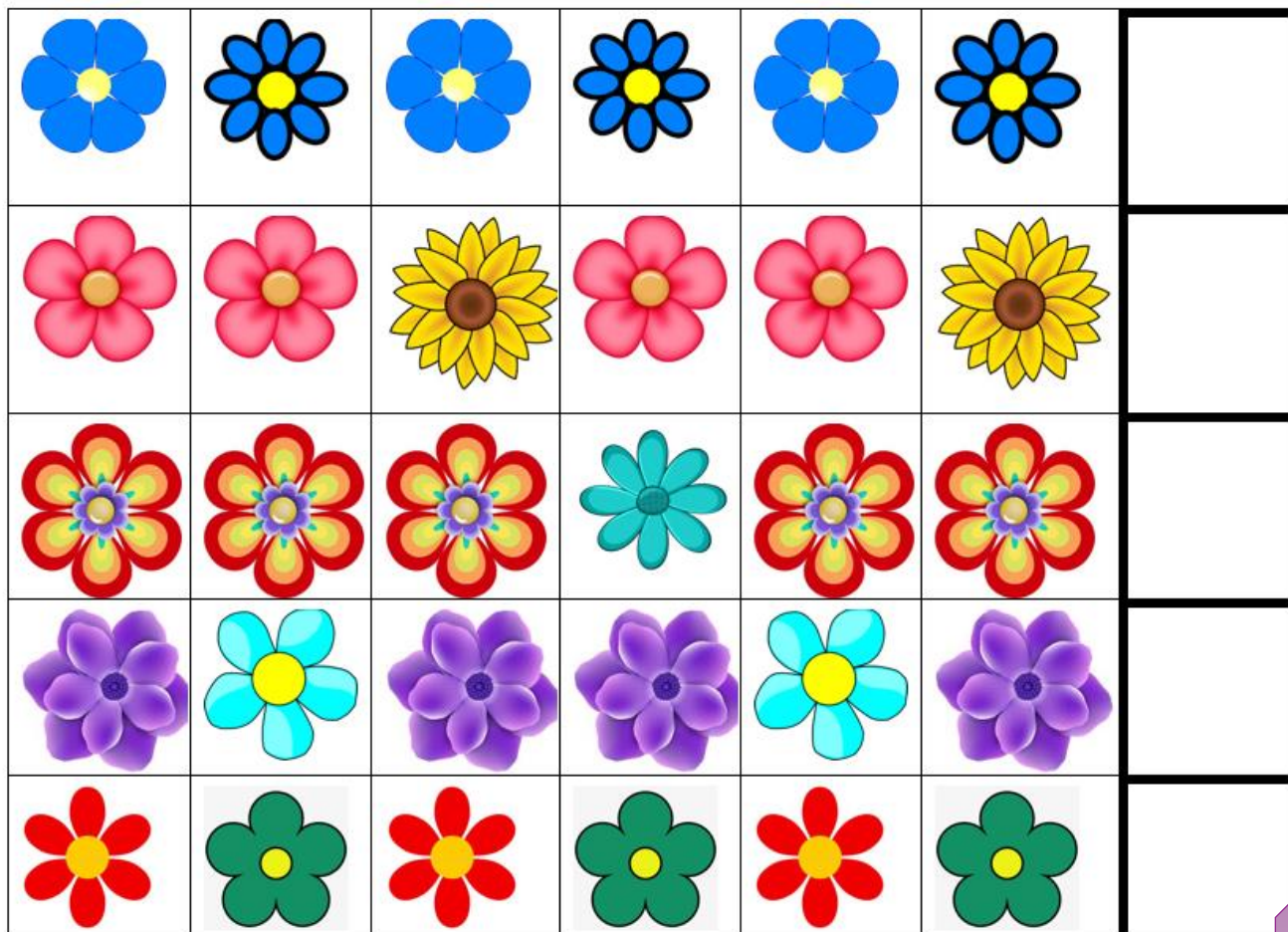
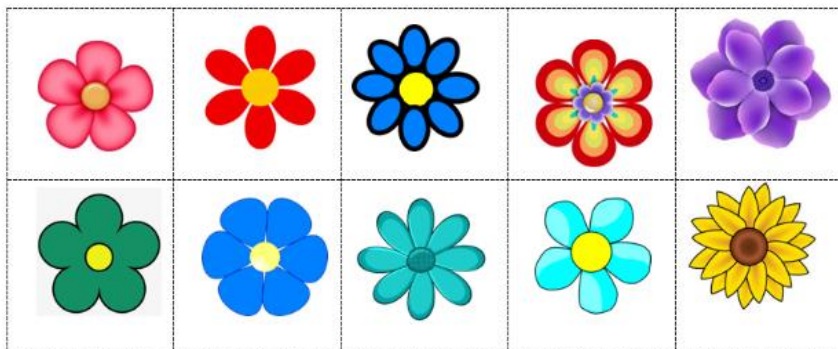


8:00

FINISH THE PATTERN

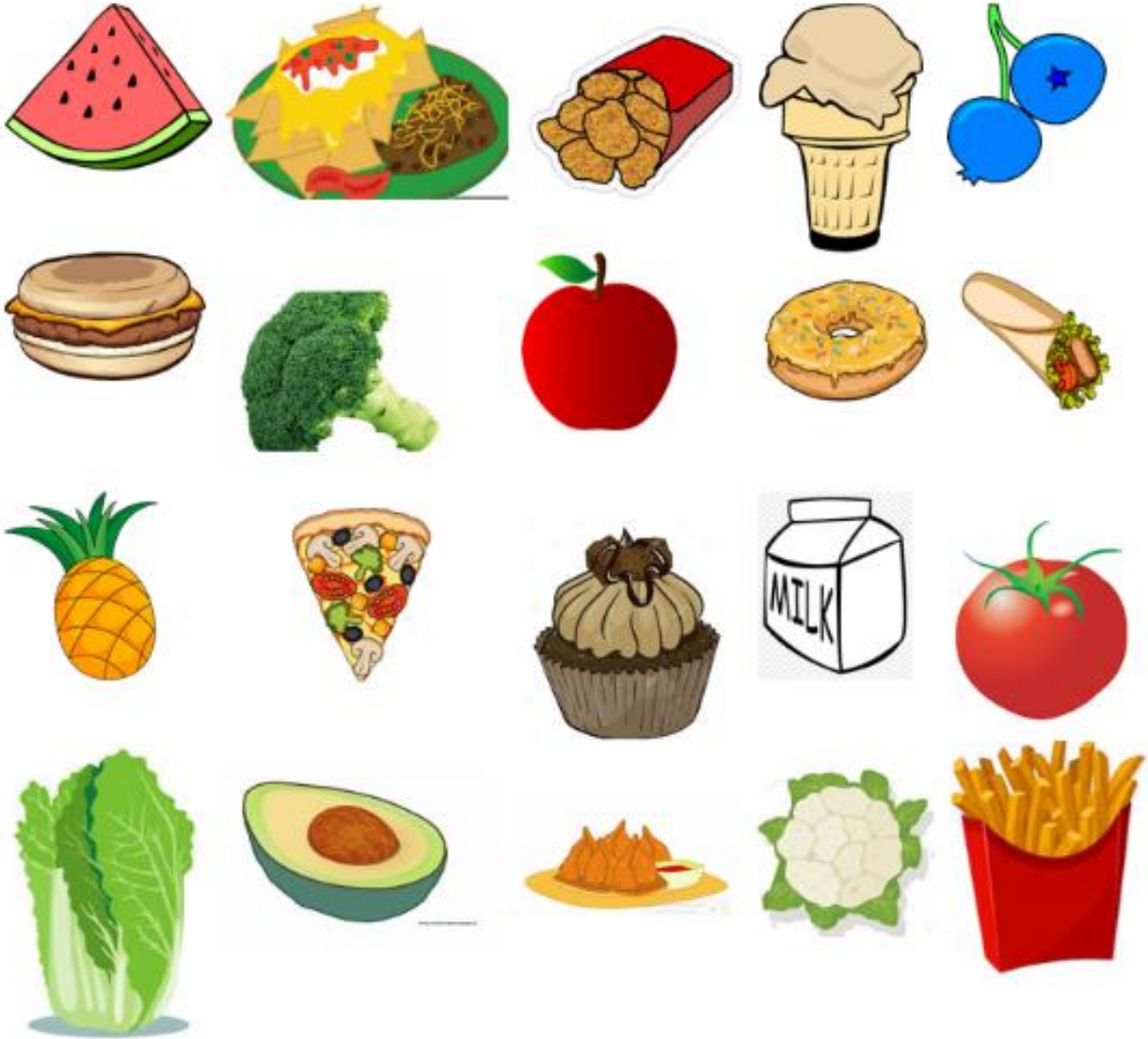
Cut out the flowers located below. Then, find which flowers complete the patterns.

Flower Key



HEALTHY FOOD TEST

Circle the healthy food choices and put an "X" through the unhealthy choices.



Here are some quick tips!

1. Plan out your meals in advance.
2. Eat a balanced breakfast.
3. Load your plate with vegetables and eat whole grains.
4. Limit your sugar and salt intake.

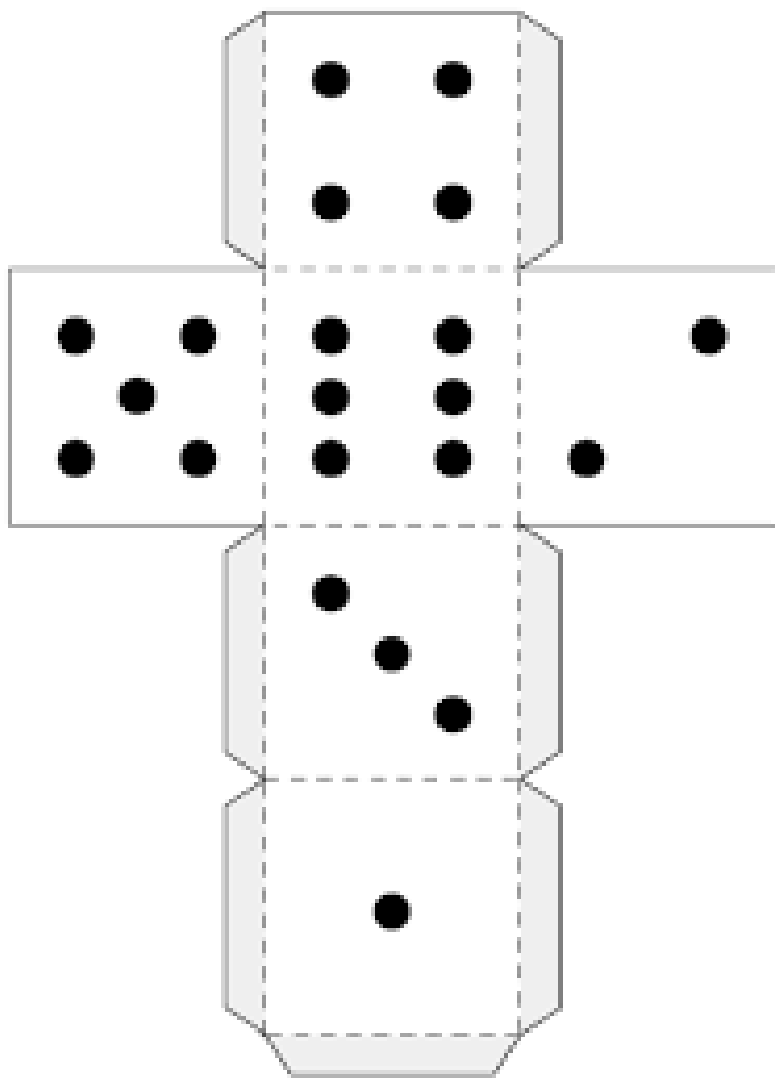
WORD SEARCH

RAIN
GRASS
CLOUD
SPRING
HEADPHONES
WALKING
CHIRPING
SUNSHINE
BIKING
BAKING
VIDEOCHAT
ZOOM
HIKING
BIRDS
OUTSIDE
PROGRAMS
MICROPHONE
READING
FLOWER
FRIENDS

G	N	I	K	L	A	W	O	U	T	S	I	D	E
B	I	R	D	S	A	E	A	D	I	N	G	I	S
V	K	K	G	R	A	S	S	E	I	R	I	O	I
I	P	N	G	I	N	O	F	D	I	O	I	O	I
D	R	S	H	S	P	R	I	N	G	O	N	F	A
E	O	S	S	G	S	I	D	E	I	G	O	N	R
O	G	U	B	N	G	S	U	I	O	O	Z	N	L
C	R	N	I	I	S	F	O	O	R	N	I	U	F
H	A	S	K	K	I	S	L	G	N	I	K	A	B
A	M	H	I	I	E	S	C	G	H	A	N	I	L
T	S	I	N	H	G	N	I	P	R	I	H	C	I
D	I	N	G	E	N	O	H	P	O	R	C	I	M
I	P	E	S	D	N	E	I	R	F	Z	O	O	M
P	H	E	A	D	P	H	O	N	E	S	N	B	S

DICE FITNESS

Cut out the die, fold on the dotted lines and glue or tape on the gray edges to form a cube. Roll the dice to complete the corresponding workout. Start with repetitions of 10 and increase difficulty as needed.



Jumping Jacks



Plank



Arm Circles Forward
/ Backward



High Knees



Calf Raises



Squats

ANSWER KEY

THE PRICE IS RIGHT

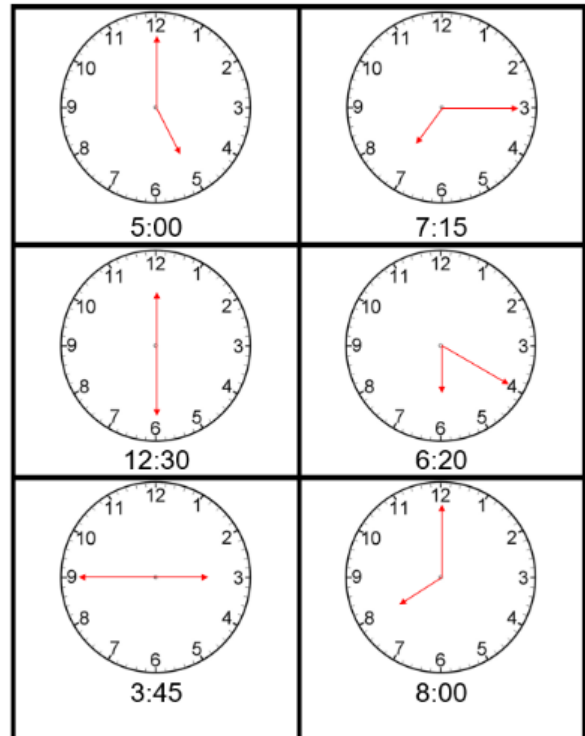
RECEIPT

Prices based on Jewel-Osco prices in the 60008 zip code. Match the grocery store item to the correct price on the receipt. Then, add up all of the items to get the total of your grocery store bill.

Milk	\$3.49
Bread	\$2.49
Eggs	\$2.99
Butter	\$4.99
Gallon of Gas	\$1.89
Cheerios	\$5.79
Chips Ahoy Cookies	\$4.79
Box of Pasta	\$1.79
Macaroni and Cheese	\$7.99
Baby Carrots	\$1.99
Total.....		<u>\$38.20</u>

THANK YOU FOR SHOPPING!

TELLING TIME

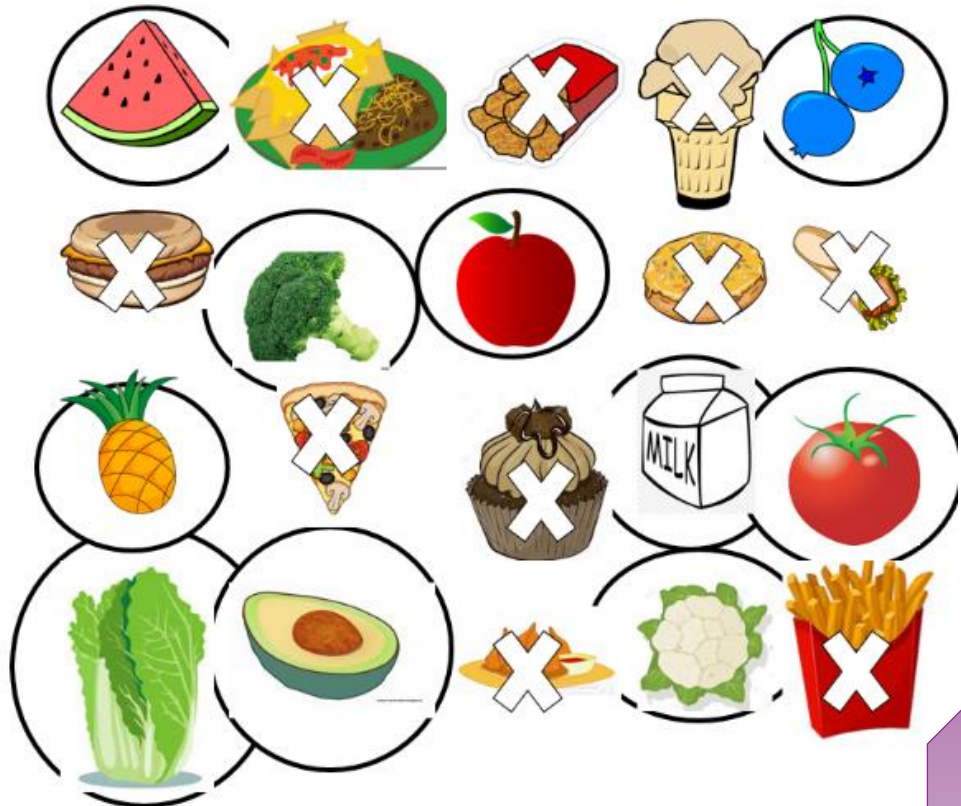


ANSWER KEY

FINISH THE PATTERN



HEALTHY FOOD TEST



ANSWER KEY

WORD SEARCH

