



power up

WARM FUN FOR EVERYONE

.....

Show your gratitude
for the planet

Make a greenhouse in a jug

Boost your brain
and body with the
bookworm bounce

HELLO FAMILIES,



Jon Platson, MSW, LCSW,
step-parent of two

As a step-parent and health care provider who works with kids and families, I have seen how moving our bodies, helping others and staying connected with family, friends and community can help us all feel happy, cared for and safe.

Here are a few simple, yet important ways families can do this together.

Play and be active outdoors: Making time for outdoor play can help boost mood and leave you feeling good. Choose a favorite way to move together outdoors, such as a bike ride, game of tag or a simple stroll.

Help others and show kindness: Being kind and helping others can help kids and adults around us feel happy and want to do the same. Spread kindness to others and give back. Write or draw cards for friends and family or volunteer in your community.

Eat and relax at meals: Coming together at mealtimes helps everyone feel connected through the simple pleasure of talking and sharing a meal. Unwind after eating with a dance party, a game, reading or coloring.

Manage screen time: Time away from television, smartphones, tablets, and computers can allow more time to truly connect. Plan a family outing to visit loved ones or to explore new area attractions.

This PowerUp “warm fun for everyone” magazine is power-packed with lots of fun activities to help kids and families move their bodies and feel good each day.

Let’s all PowerUp!

Jon Platson, MSW, LCSW

WHICH OF THESE WARM WEATHER WAYS TO MOVE HAVE YOU TRIED?



WELCOME KIDS AND FAMILIES!

Spring and summer are on the way,
with warmer weather calling you to play.

Hop, roll or jump in big splashy puddles,
or build a fort to read, relax and cuddle.

Try a new game or make up your own,
there's fun to be had together or alone.

Remember to spread kindness to yourself and others,
it feels so good to care for one another.

Turn the page to find more ways to feel good and move,
There's lots of fun ways to get in your groove!

WHAT'S INSIDE?

Outdoor springtime fun	2
Indoor springtime fun	6
Outdoor summer fun	10
Indoor summer fun	14
Brain Booster Game	17

For more ways to help your family PowerUp, visit powerup4kids.org.



OUTDOOR SPRINGTIME FUN



TAKE A SPRINGTIME STROLL

Spring is in the air!
Head outdoors and explore.

Can you **SENSE** springtime is here?

WRITE OR DRAW WHAT YOUR SENSES ARE TELLING YOU.



WHAT DO YOU SEE? 

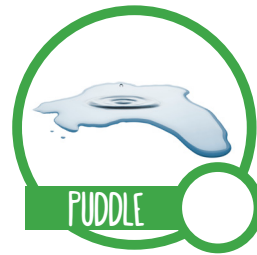
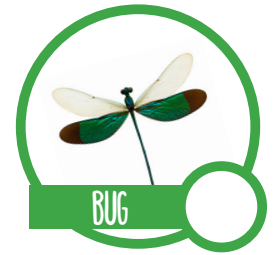
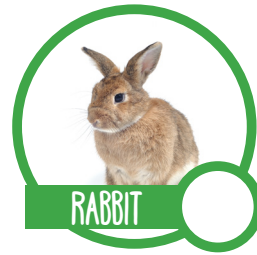
WHAT DO YOU HEAR? 

WHAT DO YOU SMELL? 

WHAT DO YOU FEEL? 

..... POWERUP SPRINGTIME SCAVENGER HUNT

HOW MANY OF THESE SPRINGTIME ITEMS CAN YOU FIND?





PLANET-UDE OF GRATITUDE

Show gratitude to the planet by giving your time to pick up trash. Volunteering feels good because it connects people and community, helps make the world a better place, and reminds us we are a part of something bigger!

HINT

After picking up trash, reuse, recycle or throw away what you find.

WHAT ARE OTHER WAYS YOU CAN SHOW THANKS TO THE EARTH?

- _____
- _____
- _____
- _____
- _____
- _____



GREEN THUMB FUN

Spring is a great time to try indoor gardening!

Let's experiment: Greenhouse in a jug

Grow veggies at home without a garden by turning any clear plastic jug into a mini greenhouse! Your greenhouse in a jug gives seeds a chance to germinate (sprout) when the light and temperature are just right.

YOU WILL NEED:



CLEAR JUG

+



SOIL

+



SEEDS

+



WATER

=



GREENHOUSE



Having a “green thumb” means being good at gardening.



Go to powerup4kids.org/greenhouse or scan this code with your smartphone camera for complete instructions on how to make a vegetable greenhouse in a jug and how to care for your growing veggies.

Puddle Play

JUMP INTO SPRING WITH A SPLASH!



Kids, and kids at heart, are magically drawn to water puddles. Jumping in with a double-foot splash is so much fun!

Just be sure you're ready to get wet!

Grab a friend and see who can make the biggest splash!





BOOKWORM BOUNCE

POWERUP YOUR READING TIME

Choose a word from the book you're reading that is used often, like a name or color.

Then every time you hear that word as you are reading, jump up, bounce or do any fun move you choose.



A bookworm is someone who loves books and loves to read. **What's your favorite book?**

LOOKING FOR FUN BOOKS?

Check out Chomp's book club and story time to find his favorites. Visit powerup4kids.org/bookclub or scan the code with your smartphone camera.



BUILD, RELAX, READ

Get creative and build a cozy nook, then invite a friend to enjoy a book.

Combine blankets, sheets, chairs and stools to make a magical space just for you.



Time inside will relax and unwind your body and mind.

FEEL-GOOD WORD SEARCH

Can you find all these good-feeling words?

Answers on page 16

Kind
Happy
Thankful
Loving
Helpful
Brave
Awesome
Caring
Giving
Silly
Proud
Joyful

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



THROW A DANCE PARTY!

The great thing about dancing is there are no rules!

Just turn on the music and let your body move.
It's all about finding your own unique groove.
So, shake, twist or spin around.
You might even let your feet jump off the ground.



Dancing just makes you feel good. Plus, it's super fun for everyone!



Ask the adults in your life, "What dances did you do when you were young?"





PEACEFUL PAPER LANTERN

Brighten up any room and your mood with this paper lantern craft.

1 Cut strip for handle



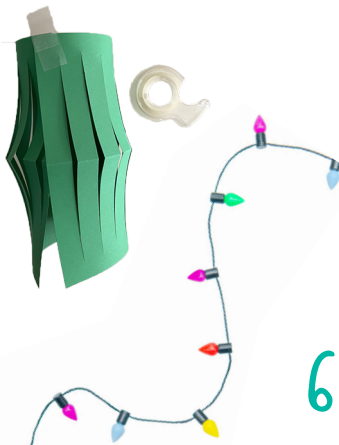
2 Fold paper in half and cut strips



3 Unfold paper



4 Tape lantern



5 Tape handle on



6 Light it up with an electric candle, flashlight or string of lights.



SPRINGTIME SILLIES



Q: What does the sun use to listen to music?

A: A ray-dio

Q: What season is the best to go on a trampoline?

A: Spring-time!



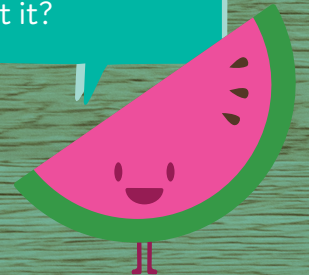
Knock, knock!

Who's there?

Worm!

Worm who?

Worm in here, isn't it?





PLAY TAG!

Tag is a quick moving game, where everyone can play at the same time.

Take turns being “it,” trying to catch or tag other players.

What type of tag have you played?

FREEZE TAG

When you're tagged, freeze in place. Another player must give you a high-five to unfreeze you.

OONCH NEECH (up and down)

Popular in Pakistan, in this game of tag, players are only safe from getting tagged when both feet are off the ground. Stand on a rock, a log or anything off the ground. See how many things you can move to or jump to without getting tagged!

SWIM ACROSS THE LAKE

Mark a start and end line. Players line up on the start line, and the person who's “it” is in the middle between the two lines. The person who's “it” yells “swim across the lake!” All players try to move as fast as they can to the end line without getting tagged. The last person not to get tagged, wins.

BE CREATIVE AND MAKE-UP YOUR OWN FUN WAYS TO PLAY.

TAG GAME NAME:

INSTRUCTIONS:

JOY OF JUGGLING

With scarves, balls or rolled-up socks, give juggling a try.
Start with one, then two, finally, three into the sky!
Over and over, it takes practice to make progress.
But with time, juggling becomes a joy and way to de-stress!



WARM WEATHER SAFETY

Draw a line from the warm weather activity to the item you'll need to stay safe.

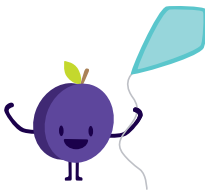
PLAYING
HARD AND
SWEATING



HIKING IN
LONG GRASS



PLAYING OUTSIDE
IN THE SUN



CANOEING
OR BOATING



BIKING OR
SKATING



HELMET



LIFE JACKET



DRINK WATER



SUNSCREEN



BUG SPRAY FOR TICKS

Answers on page 16



POWER PLAY BALL

Turn a beach ball into a fun “power play” ball!

Use a marker to write fun ways to move onto a ball.

Play alone or grab a pal to tap the ball back and forth. If it drops to the ground, do one of the power play moves on the ball.



HERE ARE SOME IDEAS TO GET YOU STARTED:

- Do the robot walk.
- Pretend to swim fast.
- Jump as high as you can.



What fun power play moves would you like to add to the ball?

ADD YOUR OWN IDEAS:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

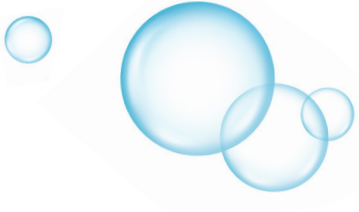
BUBBLE BREATHS

The kind of deep breaths that blow big bubbles can also make a big difference in how you feel. Practice by taking a full breath in, then slowly breathe out to blow a giant bubble, real or make-believe.

How big can you blow your bubble?

When you have big feelings, like feeling nervous, try taking a few bubble breaths in a row.

How does it make you feel?



SECRET POWERUP MESSAGE

Decode the secret PowerUp message using the key.

Decode the secret PowerUp message using the key. The message is represented by icons in a grid:

KEY

A	E	D
F	G	H
I	K	L
M	N	O
R	S	T
	Y	

Answers on page 16

SUMMERTIME STRETCHES

Stretching helps calm your mind and makes you feel good.



FLAMINGO STAND

Balance on one leg, like a flamingo.

Which leg can you balance on the longest?



FUNNY FLAMINGO FACTS

Flamingos rest by standing on one leg and eat with their head upside down.

Which do you like better, watching a sunrise or a sunset?

SUNSHINE STRETCH

Stretch your arms over your head in the shape of a big sun. Then try stretching from one side to the other.



SOAR LIKE A BIRD

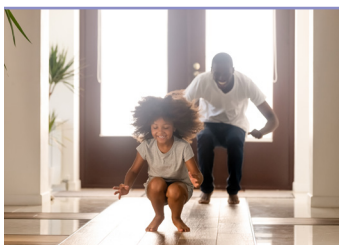
Stretch your arms out like the wings of a bird and pretend to fly.

If you were a bird, where would you like to fly?

Have you tried twirling hula hoops on your arms? How many do you think you could twirl at once?

DO THE HULA HOOP

Pretend to hula hoop or use a real one.



FROG JUMP

Squat down like a frog and then jump up as high as you can.

How many times can you do this jump?

ROCK SOMEONE'S DAY WITH KINDNESS

Find smooth, flat rocks. Get creative with paint, markers or chalk to write kind words or draw pictures that make you feel good. Put the decorated rocks back outside for others to find and leave them feeling good, too!



HOW ELSE COULD YOU SHOW KINDNESS TO OTHERS?



.....

ROCK ON!

No rock? No problem! Write kind words or draw a picture that makes you feel good on this rock.

.....

TURBO-BOOST YOUR BOARD GAMES

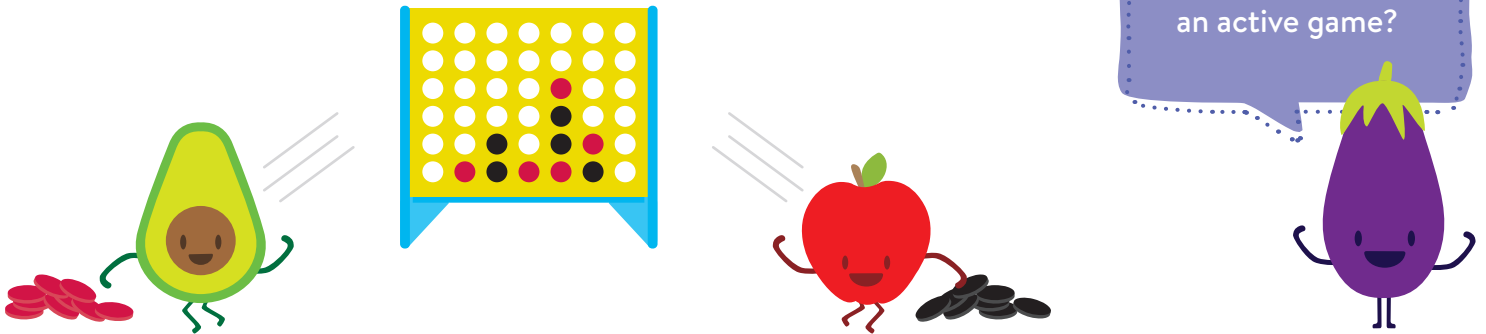
Transform a board game (like Connect 4) into an active game.



HOW TO PLAY

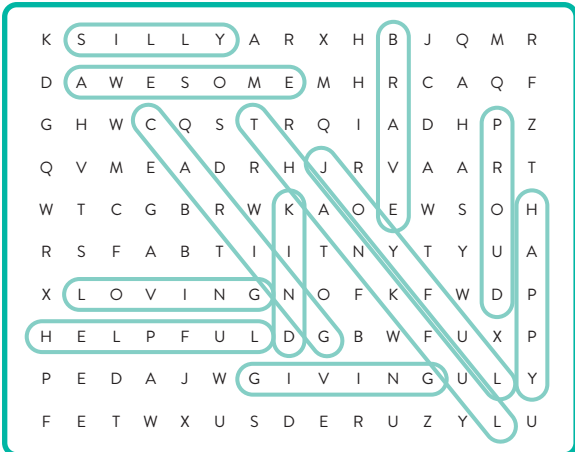
Place each set of the colored game pieces a distance away from the game board. Each player races back and forth grabbing only one piece at a time. First player to get four of their colored game pieces in a row wins!

What other board games can you transform into an active game?



ANSWERS

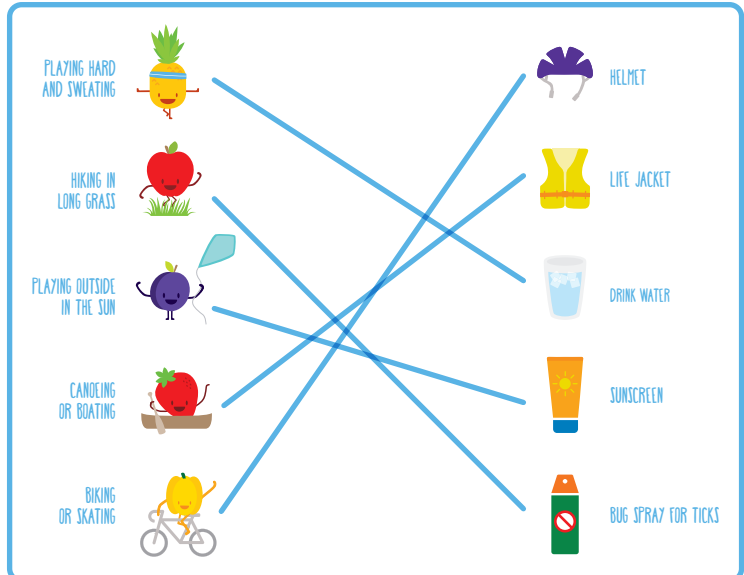
FEEL-GOOD WORD SEARCH (page 7)



SECRET POWERUP MESSAGE (page 13)

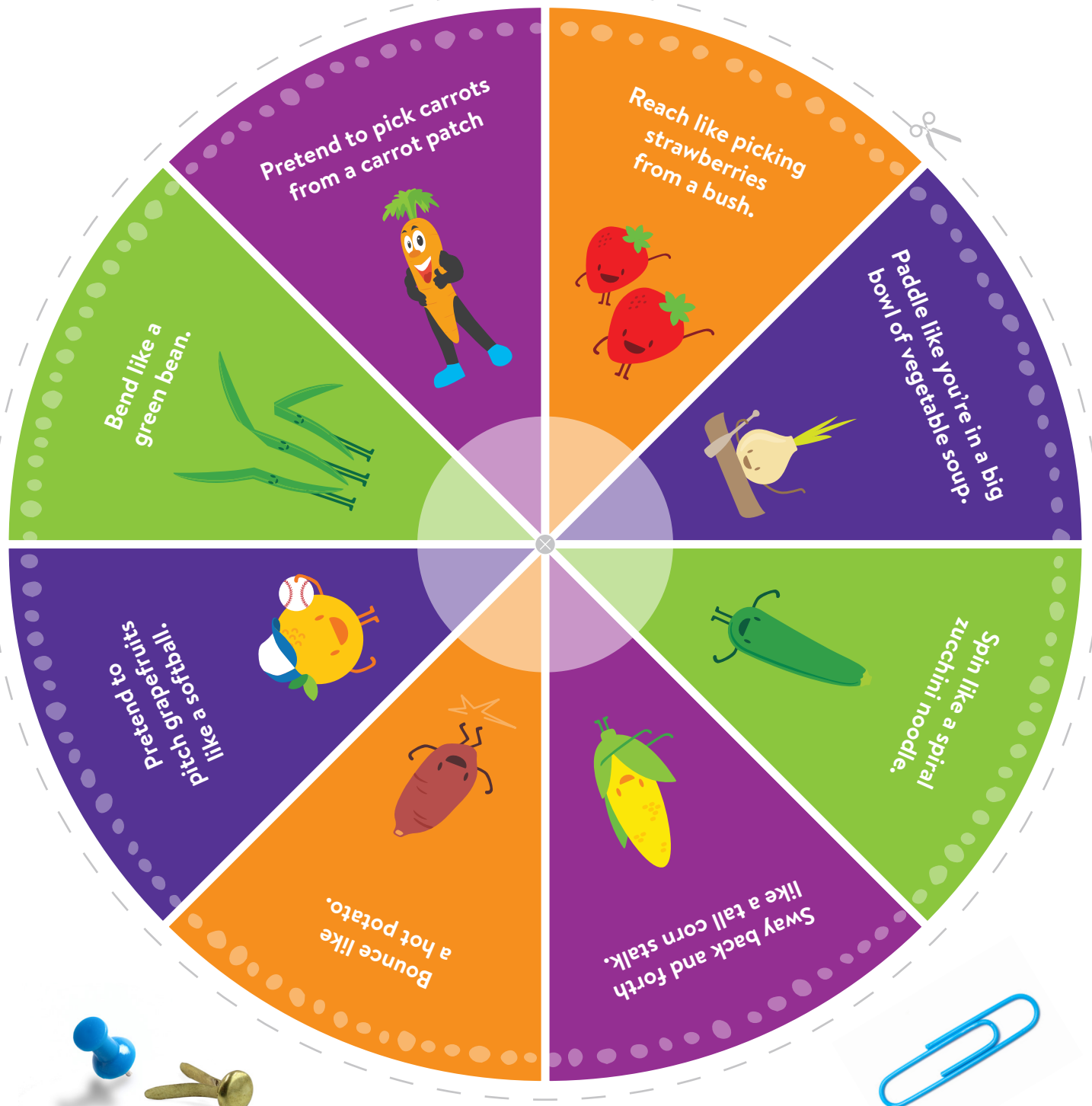
I AM KIND TO MYSELF AND OTHERS

WARM WEATHER SAFETY (page 11)



POWERUP BRAIN BOOSTERS

Energize your body and brain with a brain boost.
Give it a spin, then do the fun move it lands on.



MAKE YOUR OWN SPINNER!

Use a push pin or paper fastener to attach a paper clip in the center of the wheel.



 HealthPartners

powerup

To find more fun ways to move more and feel good, visit powerup4kids.org.
