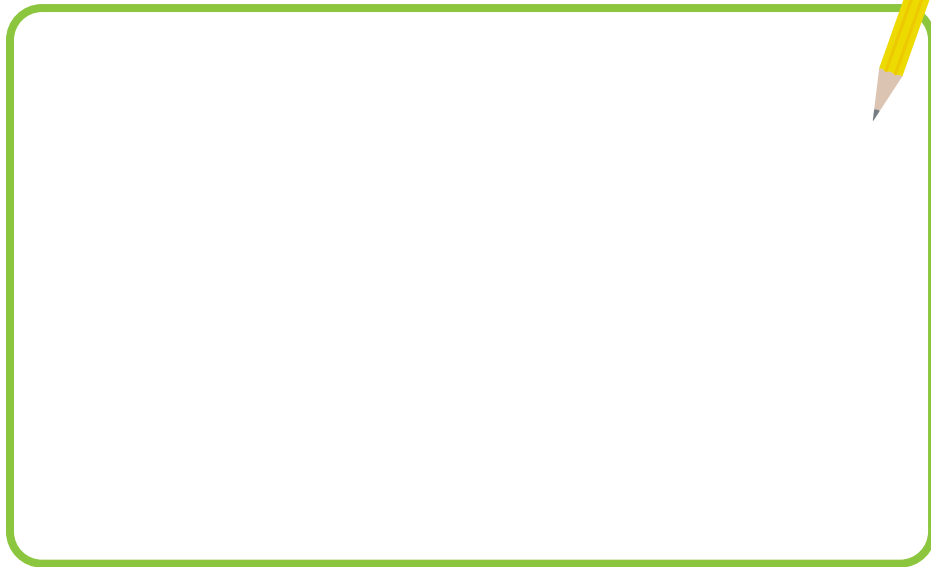


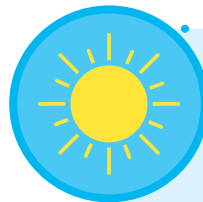
## WEATHER WATCH: FEELINGS FORECAST

Just like the weather, feelings change. A weather forecast helps predict what might happen next, and we can do the same by noticing our feelings and thinking about what might help us throughout the day.

What kind of weather are you having today? **Draw your feelings forecast using different kinds of weather.**



What's one thing that helps you on stormy days?



What's one thing that makes sunny days even brighter?

## FOOD WORD FUN:

# A MEALTIME GAME FOR EVERYONE

Mealtimes are the perfect time to laugh and connect with others – and games are a fun way to make that happen! Try this simple and silly word game to add some excitement to the table.

## HOW TO PLAY:

- 1 The first player says a food word, like “apple.”
- 2 The next player says a related word, like “pie.”
- 3 Take turns until someone can’t think of a word. That person is out.
- 4 Keep playing until only one player is left. That player is the winner!

Play more rounds to see how many words you can come up with.

### EXAMPLE

Player 1: “Carrot”

Player 2: “Orange”

Player 3: “Juice”

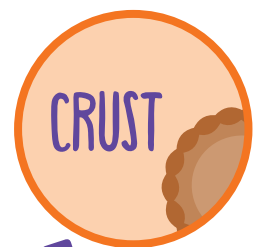
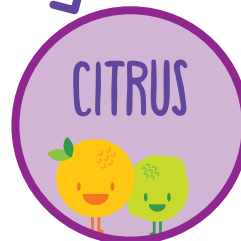
Player 4: “Citrus”

Player 5: “Lemon”

Player 1: “Pie”

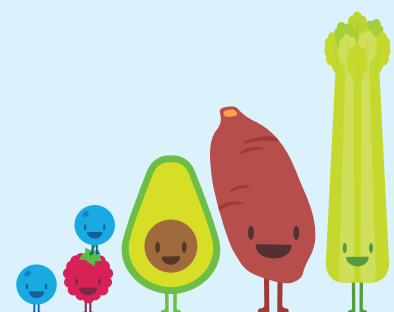
Player 2: “Crust”

And so on ...



## KEEP THE FOOD WORDS FLOWING

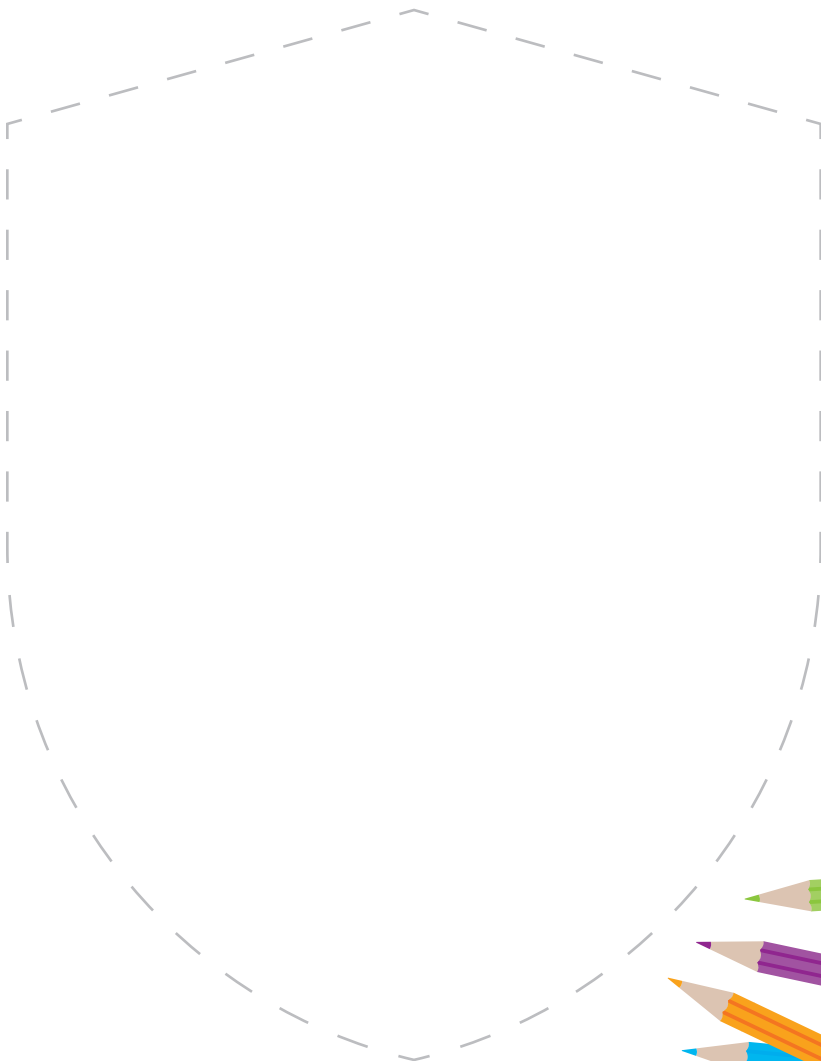
Write down foods you think of that did not make it into the round. Add words that are sweet, salty, tart, crunchy, soft or your favorite foods. The more words, the better your chances are at winning!



# MY POWERUP BADGE

Badges can show things you have done, skills you have learned or what makes you special. What have you tried, learned or done that makes you proud? Maybe you were kind, brave, creative or tried something new. Use that as inspiration for your badge. Check out the ideas, then get drawing!

I earned this badge for:



## IDEAS



Share your badge with a friend or family member and ask them what their badge would be for.



# SPRING MOVEMENT MATCH-UP

## HOW TO PLAY:

- 1 Pick a movement word from the list.
- 2 Draw a line to a spring thing to make a fun (and maybe silly) move, such as “Stretch like a bird!”
- 3 Try out your move!



### MAKE IT A GAME

Try acting out the moves in a silly sequence, make up a springtime song, or take turns guessing each other’s actions. Get creative with new rules or challenges. Share your game with friends or family and try out each other’s ideas.

## MOVE

*like a*

## SPRING THING



Spin



Bird



Flap



Rain



Wiggle



Frog



Stretch



Flower



Leap



Worm