

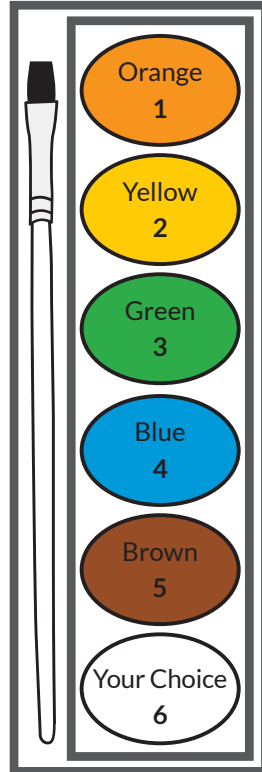
Sunflower Numbers

Directions: Match each number to the correct color.

Vincent van Gogh was a famous Dutch artist who created paintings of sunflowers to share with his friend, Paul Gauguin. Can you count how many flowers are in the vase?



Answer: 7 Sunflowers

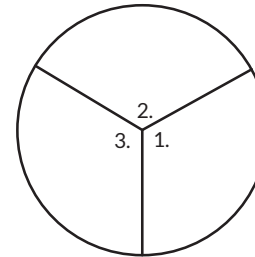


Did you know?

Vincent van Gogh painted over 20 self portraits.

Color Wheels

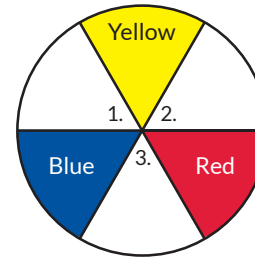
Fill in and learn how colors mix and match!



Primary Colors:

The 3 pigment colors that cannot be mixed or formed by any combination of other colors. All other colors are made from these hues.

- 1. Red
- 2. Yellow
- 3. Blue



Secondary Colors:

These colors are formed by mixing the primary colors.

- 1. Green
- 2. Orange
- 3. Purple

Color Quiz

Fill in the secondary color made from mixing the 2 primary colors.

Hint: The space in between 2 primary colors on the color wheel is their mixed color.

①. + =
Red Yellow

②. + =
Yellow Blue

③. + =
Blue Red



Hopscotch Math

Fill in the sums to uncode the Exercise Quiz.

START

6	+	8	=
3	+	5	=
7	+	5	=
9	+	2	=
11	+	5	=



Kids need exercise for stronger muscles & bones, and overall healthy development.

Quiz

How many minutes of exercise a day do kids need?



Use the sums in Hopscotch Math from top to bottom and the letter codes below.

6 = A 14 = S 4 = U 7 = R 8 = I 13 = E
12 = X 15 = M 10 = G 11 = T 16 = Y

Answer: Sixty (minutes)

	a	b	c	c	b	a
1						
2						
3						
4						
5						
6						

Copy the picture using the grid.



Did you know?

Music may improve physical activity performance.



Gratitude Scavenger Hunt

Capture photographs of your favorite things at home and in your yard. Once you have all of your photos get them printed and make a gratitude scrapbook. If you don't have a camera – draw your pictures instead! You will find that you don't have to go far to discover items that bring you joy and happiness.

- Something you are grateful for outside.
- Something that you enjoy doing outside.
- Something that you love in your room.
- Something that you eat that tastes good.
- Something that you like the smell of.
- Something that you like the sound of.
- Something that comes in your favorite color.
- Something that makes you feel unique.
- Something you find entertaining.
- Something that is useful to you.



What is Gratitude?

Gratitude is about focusing on what's good in our lives and being thankful for the things we have.

Why Practice Gratitude?

1. Improves your health
2. Helps build lasting relationships
3. Improves your mood and builds a positive attitude



Create Your Gratitude Jar

Decorate a mason jar with ribbon, stickers and/or paint. Cut out little pieces of paper and each day write down something you are thankful for and put it in your jar.

Spread Gratitude

Decorate and cut-out the thank you note. Write a message of thanks.



I'm grateful for you because:

Love,

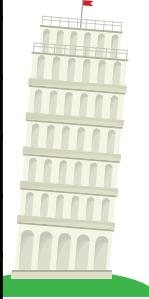
Your Signature

Journey to Italy



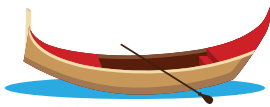
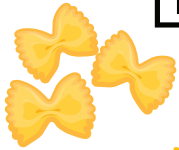
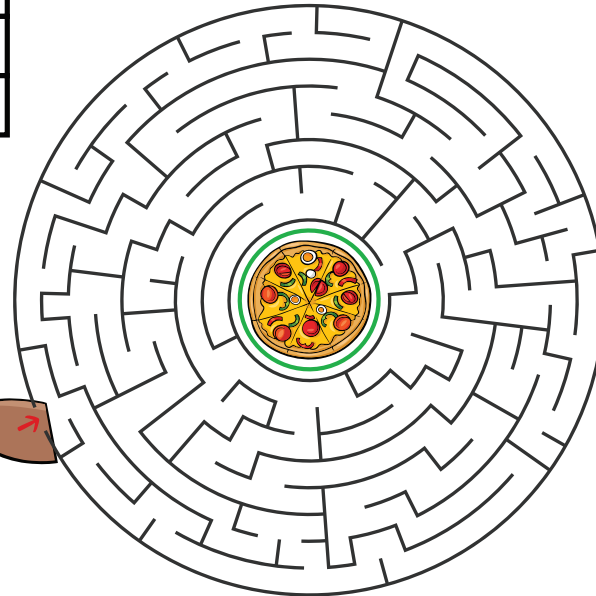
Find the below words in the puzzle.

- | | | |
|----------------|-----------------|-----------------|
| Pisa | Olives | Pizza |
| Gondola | Scooter | Flag |
| Volcano | Coliseum | Carnival |
| Pigeon | Pasta | |



Did you know?
Italy is shaped like a boot.

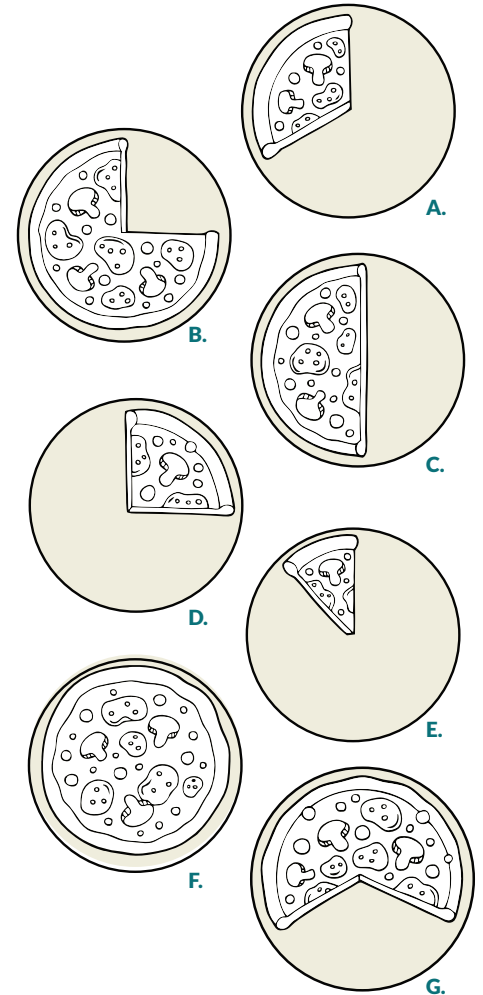
H	U	C	P	V	C	C	P	W	O
P	I	Z	Z	A	O	A	A	E	O
I	C	W	H	V	L	R	S	W	L
G	S	H	F	O	I	N	T	P	I
E	V	Z	L	L	S	I	A	I	V
O	C	S	A	C	E	V	O	S	E
N	G	J	G	A	U	A	O	A	S
O	R	H	V	N	M	L	K	H	L
B	I	S	C	O	O	T	E	R	Q
L	G	O	N	D	O	L	A	F	X



Pizza Math

Match each fraction to the pizza portion it represents?

$\frac{1}{2}$	$\frac{2}{3}$	1	$\frac{1}{3}$	$\frac{1}{4}$	$\frac{1}{8}$	$\frac{3}{4}$
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



WHICH IS NOT A HEALTHY FOOD?



A.



B.

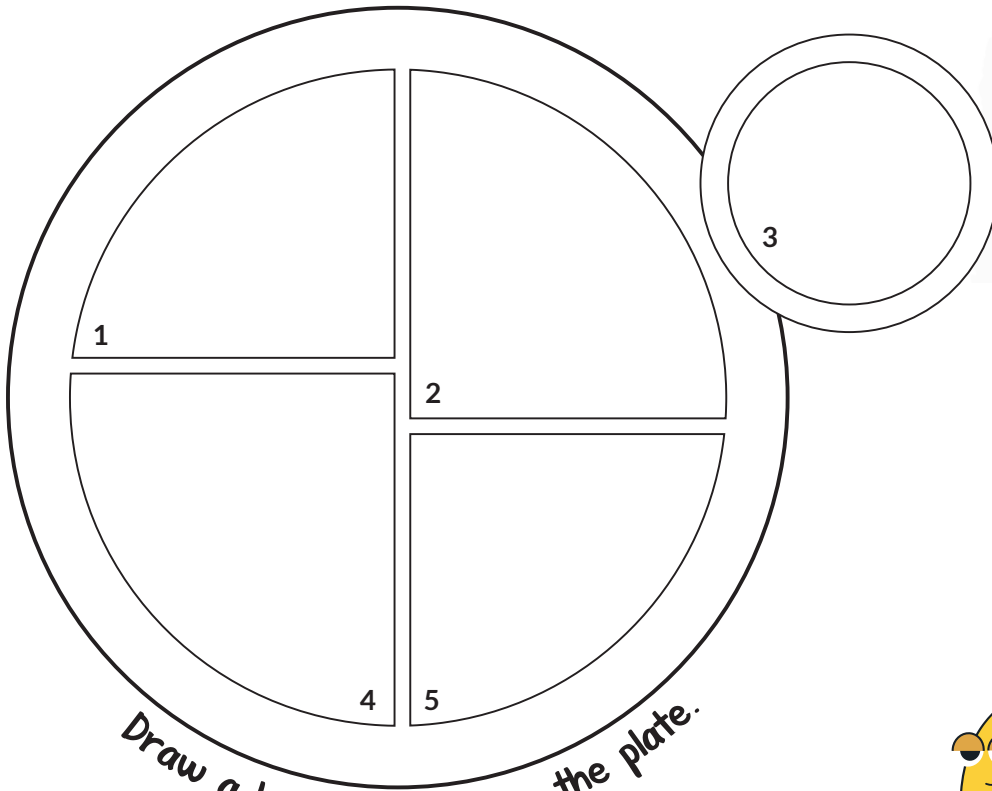


C.



D.

Answer: B.



Draw a healthy meal on the plate.



1

Fruits



2

Grains



3

Dairy



4

Vegetables



5

Protein

KIDS NEED CALCIUM

Dairy foods have lots of it.

WHICH SET IS DIFFERENT FROM THE OTHERS?



1



2



3

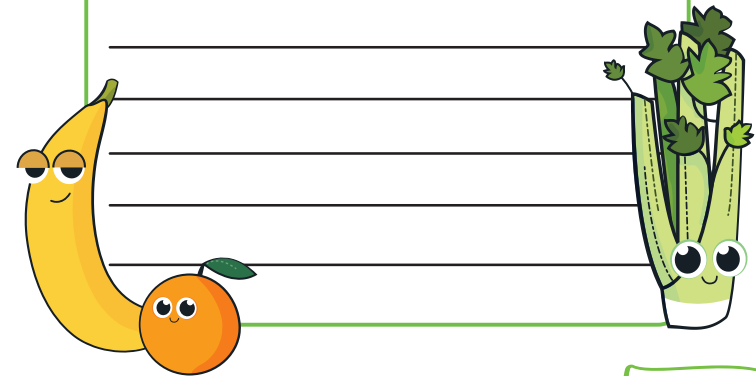


4

Answer: 2

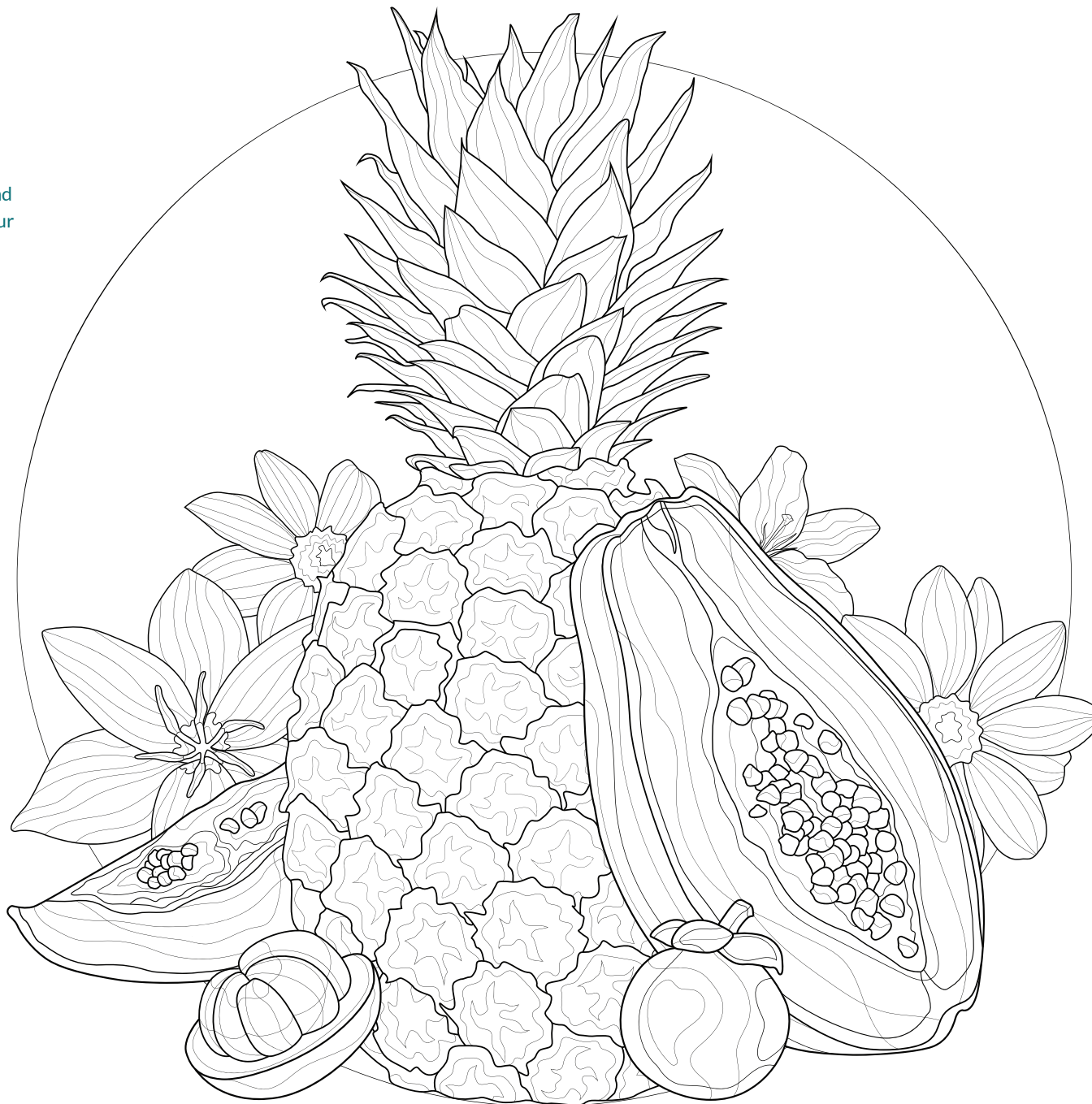
How many words can you make out of: FRUITS AND VEGETABLES

Able

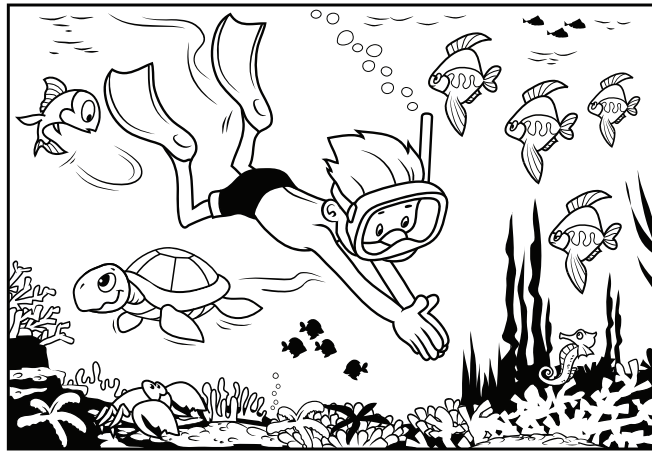
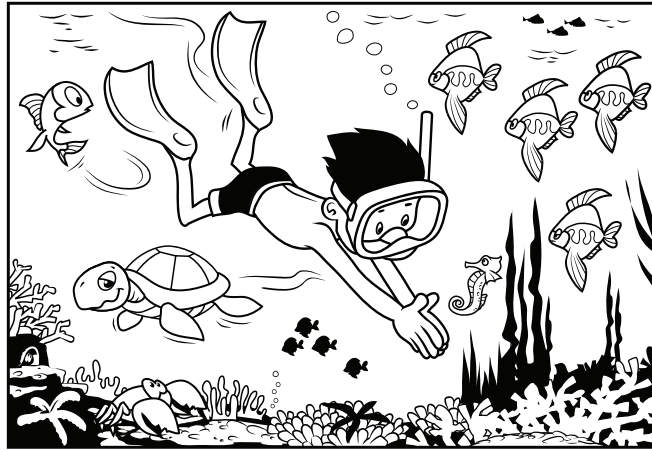
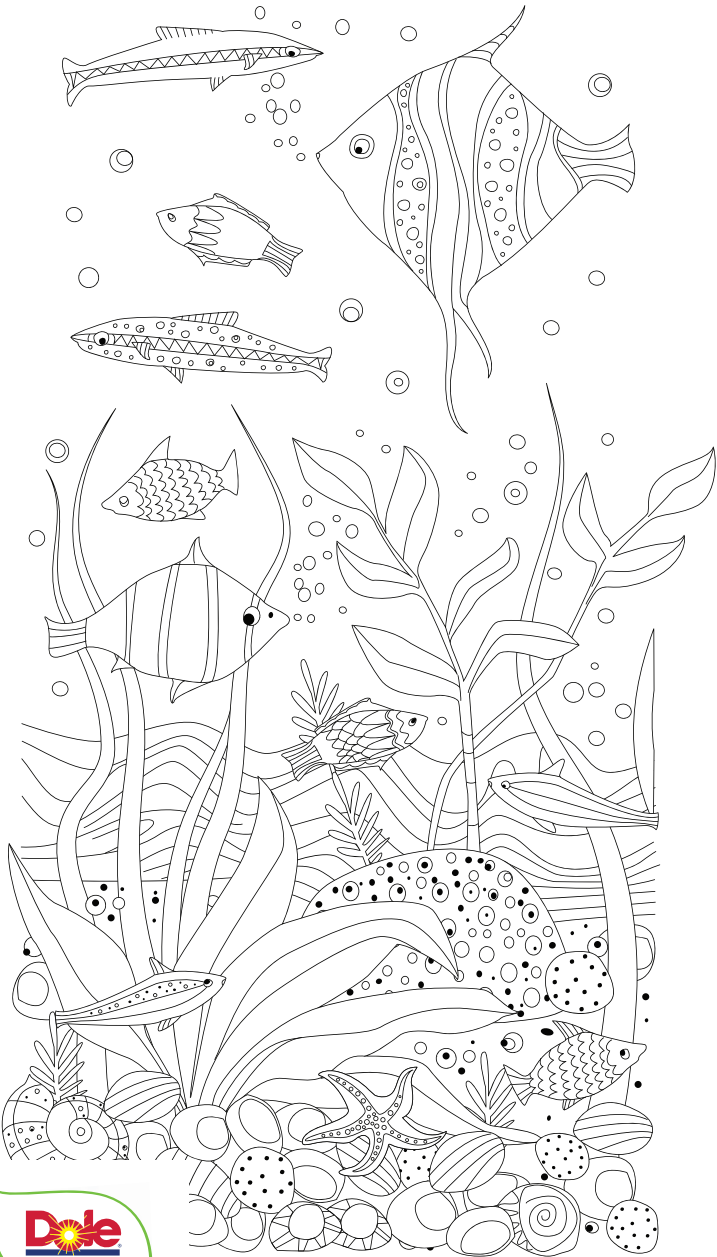


Color & Relax

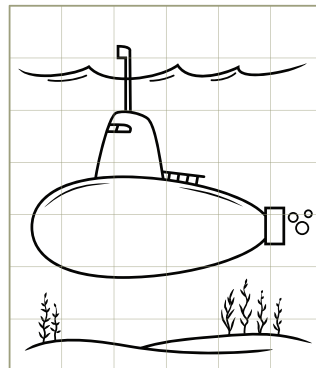
Grab crayons, color pencils or gel pens and take time to quiet your mind and relax.



Find 10 differences between the two pictures.



Copy the picture



Circles

Draw as many objects as you can using circles as the foundation of your sketch.

