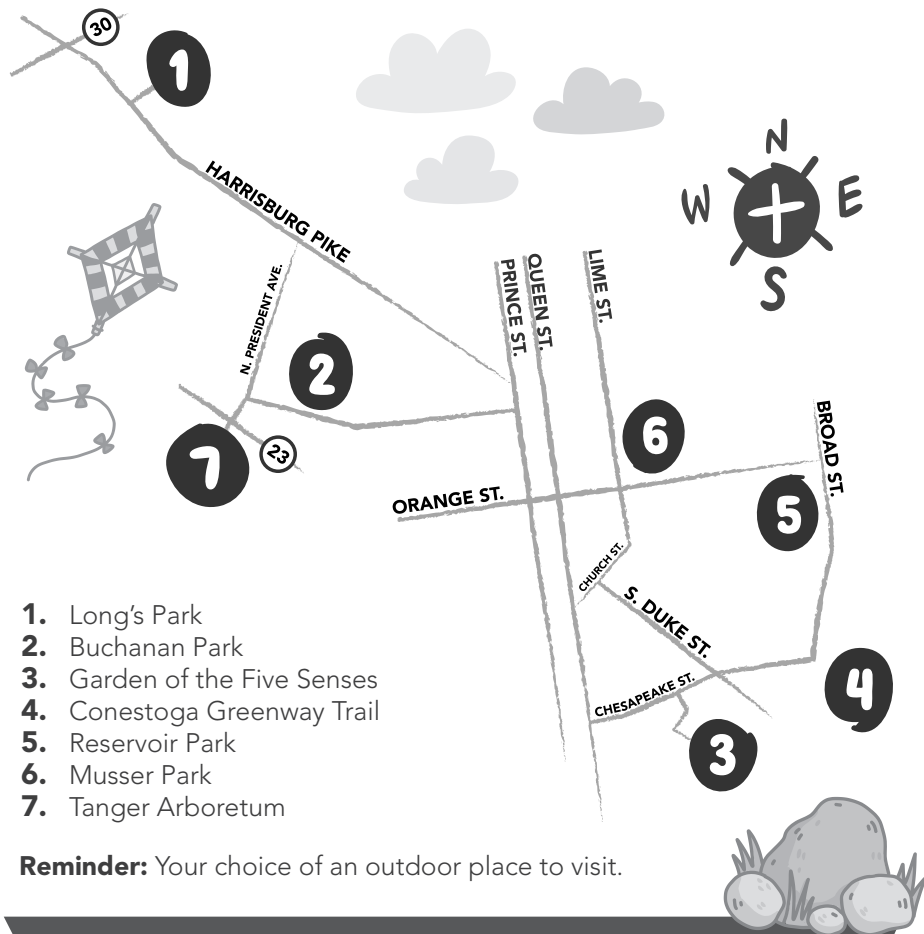


CENTRAL LOCATIONS



1. Long's Park
2. Buchanan Park
3. Garden of the Five Senses
4. Conestoga Greenway Trail
5. Reservoir Park
6. Musser Park
7. Tanger Arboretum

Reminder: Your choice of an outdoor place to visit.

Books at the Library—Reading is a healthy exercise too!

- *Water in the Park: A Book about Water and the Times of the Day* by Emily Jenkins
- *My Forest is Green* by Darren Lebeuf
- *Under One Rock: Bugs, Slugs, and Other Ughs* by Anthony D. Fredericks
- *Every Place Has a History* by Andrew Langley

REFUEL YOURSELF!

Wilderness Wrap

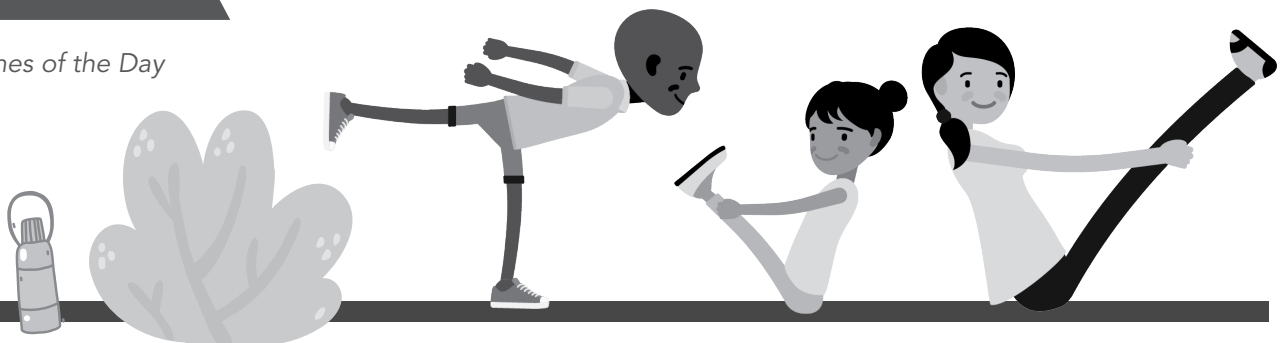
Wrap up your favorite veggies in a whole grain tortilla with your favorite hummus! Remember to include a rainbow of colors in your wrap for extra health benefits too.

- 4 whole grain tortillas
- 1/2 cup hummus
- Veggies of your choice: cucumbers, peppers, onions, tomatoes, or carrots.

On each whole grain tortilla, spread 2 tablespoons of hummus and top with the veggies. Slice cucumbers, carrots, and peppers into sticks and/or chop onions, tomatoes and peppers. If you like a little crunch, add a sprinkle of seeds or dried fruit too.

REFRESHING MOVES!

What's your favorite move? Circle one or both.



ANIMAL HOMES

On your walk, make a record of the animal homes you observe. Draw and describe the animal homes you see in the boxes below.

Be on the lookout for:

- A hole in the ground
- A bird nest
- A leafy squirrel nest
- A big log
- A rolled-up leaf
- A spiderweb
- Holes or tunnels in tree bark



SUPER SOUND QUEST

Find a spot away from loud noises and listen for 5 minutes. Listen closely. Use the space below to make a list of the things you hear. Did you hear something that you can't identify?

Some sounds to listen for:

- Water dripping
- Birds chirping
- Squirrels scampering
- Leaves rustling
- Buzzing insects

1. _____
2. _____
3. _____
4. _____
5. _____

DID YOU KNOW:

Guinness World Records has recognized the Sertoma Club Chicken Barbecue in Long's Park as the largest event of it's kind in the U.S.

