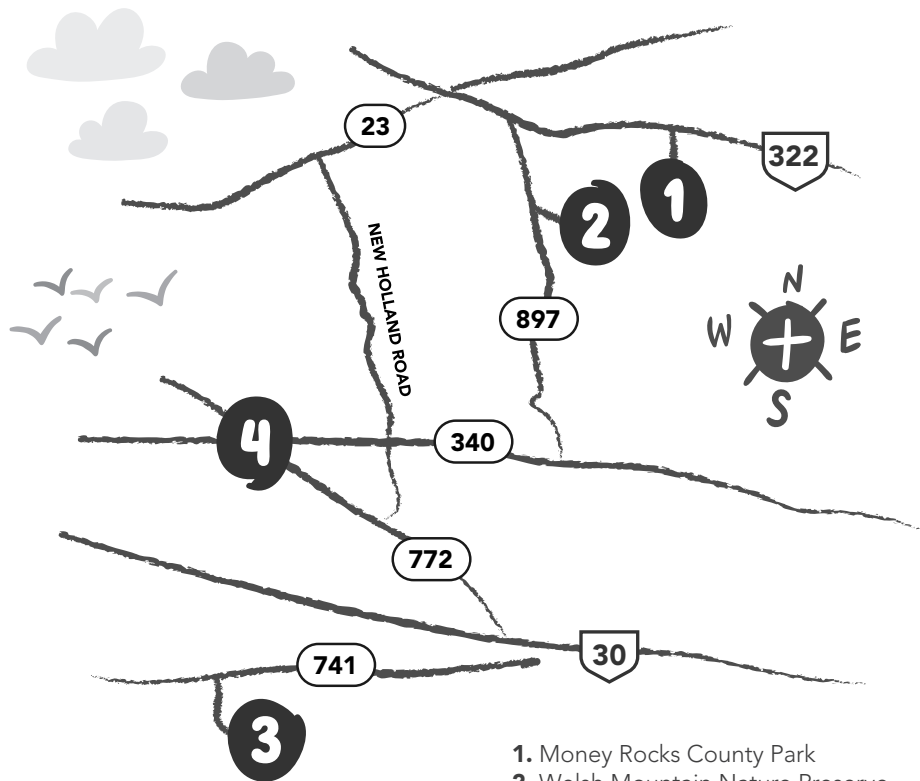
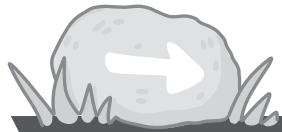


EASTERN LOCATIONS



1. Money Rocks County Park
2. Welsh Mountain Nature Preserve
3. Homewood Nature Preserve
4. Intercourse Community Park



Reminder: Your choice of an outdoor place to visit.

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

- *Vitamin N: The Essential Guide to a Nature-Rich Life* by Richard Louv
- *Animal Architects: Amazing Animals Who Build Their Homes* by Daniel Nassar
- *Sticks and Stones: A Kid's Guide to Building and Exploring in the Great Outdoors* by Melissa Lenning
- *Wake Up Woods* by Gillian Harris
- *Wildflowers Around the Year* by Hope Ryden

REFUEL YOURSELF!

Roasted Ranch Chickpeas

This is a great portable snack that's perfect for whatever adventure comes your way! They're protein packed! Try different flavor combinations, like honey cinnamon, garlic parmesan, BBQ, and more!

- 1 can chickpeas 2 tablespoons olive oil
- 1 tablespoon ranch seasoning mix

Preheat oven to 425 degrees. Drain and rinse chickpeas. Spread chickpeas out on a towel to completely dry. Rub them gently with the towel to loosen any husks and discard the husks. Toss the chickpeas in a bowl with olive oil and ranch mix. Toss to coat. Add evenly to a lined baking sheet pan. Roast for about 15-18 minutes or until crispy. Remove from the oven and allow to completely cool before enjoying.

REFRESHING MOVES!

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



WEATHER WATCHING

How does the weather seem today?

- Cloudy
- Partly Cloudy
- No Clouds
- Windy
- No Wind
- Light Breeze
- Blue Skies
- Sunny

Write about or draw something you learned while visiting an outdoor place!

WHAT WAS BEST ABOUT YOUR OUTDOOR TIME TODAY?

The Best Thing I Saw Today



The Best Thing I Heard Today



The Best Thing I Touched Today



The Best Thing I Smelled Today

