

SOGO Squirts Week 2

B is for Bears!



Connect the dots from 1-10.
Colour in the picture!

Riddle:

How do you start a teddy bear race?

Answer: Ready? Teddy! GO!

Adventure Challenge!

Yoga Bears

Start in polar bear pose- sit on your knees, bring your arms to the floor, and lower your head towards the ground. Cup your hands together to hide your polar bear nose. Now you are camouflaged in the snowy arctic!

Place hands under your shoulders, bring knees together under your belly.

Tuck your toes. Push your bear tail up towards where the ceiling and wall meet (Downward facing dog). Polar bears love to eat fish and berries as a healthy snack. Let's go searching for some fish and berries. Take your feet wide and walk around like a bear using your hands and feet as your bear paws. Polar bears want to camouflage! Bend your knees, and lower them to the floor, lower your belly to the ground and use your hands to hide your polar bear nose. Rest your forehead on the floor and breathe into your polar bear belly. Imagine your breath making your polar bear back grow wider and stronger. When you are ready use your hands to push your body up into a comfortable seated position.

Orienteering @Home Challenge

Orienteering flags are the shape of a square. The square is made up of 2 triangles put together. One triangle is orange and the other is white. Find the orienteering flags around your house or yard. Where was the most challenging hiding spot? Draw it here!

