

SOGO Squirts Week 25

Y is for You!

Drawing Challenge

Draw some pictures or write a list of all of your favourite outside activities.



Y is for Yoga!

Let's make our bodies into the shape of a capital letter Y.

Stand tall in mountain pose. Inhale (breathe in) as you lift your arms above your head. Exhale (Breathe out) as you open your arms to make the letter Y! Inhale bring your hands together over your head (as if you were a pencil) and exhale lower your arms to your sides.

Y is for Yard! Orienteering Challenge

Go on an orienteering challenge in your yard! Have a grown up make a map of your yard! They should include a start triangle, 3-5 control flags and a finish double circle. Set up the course by putting your paper control flags in your yard where you have them on your map! (you can print these from the website). Draw your own map for your grown up, and send them on an orienteering challenge!

Y is for Yellow! Adventure Walk

Take a walk through your neighbourhood. Look for things that are yellow! See who can find more yellow things, the kids or adults!

What was the most beautiful yellow thing you found?	What was the grossest yellow thing you found?
What was yellow but also had other colours on it?	What was yellow and alive?