

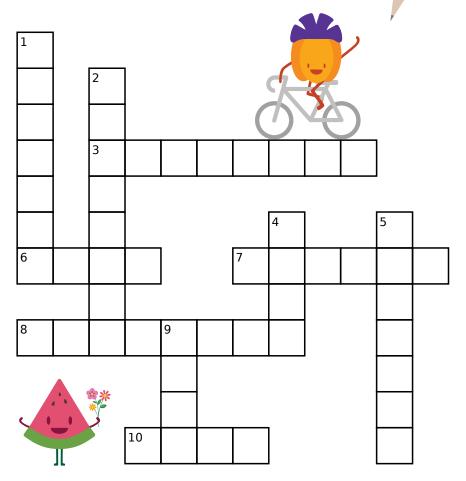
powerup



POWERUP PRESS | SUMMER ISSUE

SUMMERTIME VIBES CROSSWORD

Solve the clues about summer things and fill in the boxes with your answers. **How many can you get?**



· CLUES · · · · · ·

DOWN

- 1 They have pretty petals, smell nice and are picked for bouquets
- A fun trip away from home
- 4 A two-wheeled ride you pedal to get around
- 5 A small flying insect that glows and flickers at night
- A long walk or trek, often through the woods or nature

ACROSS

- 3 It crackles and glows, giving warmth at a campsite after dark
- 6 A water activity where you kick and paddle with your arms and legs
- 7 An outdoor meal on a blanket
- 8 Rays of light that brighten the day and warm the earth
- 10 A pop-up shelter used when sleeping outdoors





ULTIMATE EXPLORE

SUMMER CALENDAR

Explore new ways to make the most of summer with fun-filled activities! Try as many as you'd like over a month or all season long. Check off the ones you've tried and use the blank spaces to add your own ideas. What will you discover?



EXCITE YOUR XTRA FUN DAYS OUT AND ABOUT PLAY OUTSIDE LET'S CREATE **RELAX AND EVERYONE TASTEBUDS** Celebrate fun Enjoy games Discover new places RECHARGE **TOGETHER** Explore your Keep cool with holidavs and and activities creativity with and adventures. Take time to slow Have fun with refreshing down and notice activities that create your own in nature. hands-on projects. summer treats. special days. things around you. create connection. Peachy breeze: **World Watermelon** Nature ninja: Wild wonders: Farmers market: Cloud watching: Dance party: Collect items in Make infused water Create an obstacle Check out your Lay on the grass and Turn up the music Day (Aug. 3): with peach slices and Enjoy a refreshing course with what's nature like flowers, local farmers market watch clouds drift and have a fun dance fresh mint. around you, such twigs and leaves for fresh produce, by. What shapes do party with family watermelon treat flowers and handand friends. as rocks, playground to make a you see? with friends. equipment and park nature-inspired made goodies. benches. collage. Herby cucumber **Backwards day: Shadow shapes:** Stamp scraps: Beach day: Sounds of nature: Friendly letters: Use leftover fruits Head to the beach Write and send a letter crunch: Do things backward, Use your body or Close your eyes and like wear clothes objects to create and veggies, like for sandcastle listen to the sounds to a friend or relative Top cucumber backward and fun shadow shapes apple halves or celery building, around you. What do vou haven't seen in slices with walk backward! on the ground as a while. bottoms, to create swimming you hear? hummus and fresh dill. the sun moves. fun shapes with paint or just on paper or fabric. relaxing. **Grape freezies: Teddy Bear Picnic** Scenic sprint: **Kindness rocks:** Park meet-up: Nature journaling: Family portrait Take a walk outside Freeze grapes Create a race using Find smooth rocks Gather friends and **Day (July 10):** reveal: for a cool and lamp posts, trees and paint them neighbors for a game and write or draw Gather your Take turns drawing and other outdoor crunchy snack. with designs, of frisbee, tag or a what you see. stuffed each other's portraits, landmarks for a animals and picnic at the park. then reveal vour animals for relay challenge. kind messages. a picnic. masterpieces. Fro-yo fruit bark: Family talent **Bubble chase:** Repurposed **Community event:** Stretch and breathe: **Cooking challenge:** Pick a recipe and Spread yogurt Blow bubbles and Try a few simple show day: planters: Attend a race to catch or with bits of fruit community stretches or poses work together to Everyone shows Paint and decorate pop them and freeze. create a meal or gathering to in a quiet spot. off a special talent, tin cans or plastic before they whether it's a song, containers, then enjoy music, treat from scratch. games and food. float away. dance, drawing or plant flowers or herbs inside. a joke. Add your own idea: Add your own idea:

PLANT PALS: DO-IT-YOURSELF HERB GARDEN

WHAT YOU NEED:

- · Empty, clean tin can (no sharp edges)
- · Paint, markers or stickers for decorating
- Pipe cleaners, googly eyes or ribbon (optional)
- Small rocks or pebbles

- · Potting soil
- Herb seeds (like basil, parsley or chives)
- Spoon or small trowel
- Water



STEPS:

1 DECORATE YOUR PLANTER

Get creative! Paint your tin can, add stickers or make a silly face with pipe cleaners and googly eyes. Let it dry completely before planting.

PREP FOR PLANTING

- Add a few small rocks to the bottom of your can. This helps make sure extra water can drain.
- Fill the can almost to the top with potting soil.

13 PLANT YOUR SEEDS

- Sprinkle a few herb seeds on top of the soil.
- Lightly cover them with a very thin layer of soil.

WATER AND WATCH IT GROW

- Gently water the soil so it's damp but not soaking.
- Place your planter in a sunny spot, like a windowsill.
- Keep the soil moist and watch for tiny sprouts in about a week.









TRY YOUR HERBS! Snip a few leaves and sprinkle them on pizza, mix into pasta or add to a sandwich for a fresh flavor boost. You can even stir them into ice water. Find more tasty ideas at powerup4kids.org/recipes.

