

 HealthPartners[®]

power
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FALL FUN FOR EVERYONE

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Find thrills in our fall
fun scavenger hunt

Build your own
target toss

Get brooms out for
sweet potato sweep

WELCOME KIDS AND FAMILIES!

Leaves are falling,
And cooler weather is calling.

But the colorful change of the autumn season,
Makes you want to get out and move, for any reason.

So head outdoors and take it all in,
With a hop, a skip, a twirl or a spin.

Whether lifting giant pumpkins, or climbing apple trees,
Sign up for a family turkey trot, or do whatever you please.

Just remember to take time to relax and enjoy,
Breathing in the brisk fall air, and letting it fill you up with joy!

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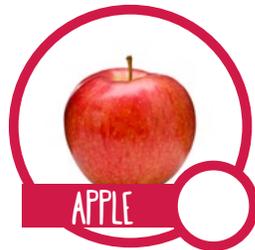
For more ways to help your family PowerUp visit powerup4kids.org.

LEAVES ARE FALLING, AUTUMN IS CALLING!

Fall is a great time to go outdoors and explore.

PowerUp Fall Fun Scavenger Hunt

How many of these fall items can you find?





WELCOME, FALL!

As the season turns from summer to fall, changes are happening all around. Take a walk to welcome autumn and use your senses to notice how nature is changing.

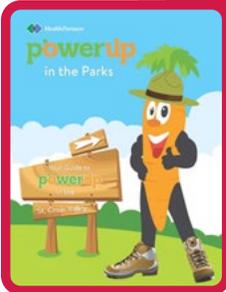
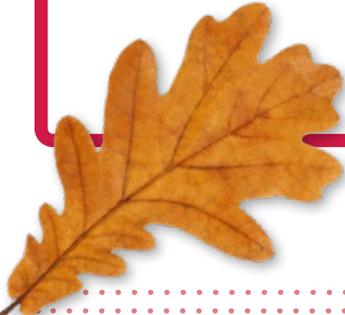
WRITE OR DRAW WHAT YOUR SENSES ARE TELLING YOU

WHAT DO YOU SEE? 

WHAT DO YOU HEAR? 

WHAT DO YOU SMELL? 

WHAT DO YOU FEEL? 



LOOKING FOR A FUN WAY TO EXPLORE THE OUTDOORS?



Grab the PowerUp Parks Passport and head out for a fun nature adventure. You can print your passport at powerup4kids.org.



IT'S FUN FOR ALL TO LEAP INTO FALL

We'll "leaf" it to you to play and feel good with these autumn activities.

Build Your Own Target Toss

- 1 Build your course using laundry baskets, buckets, hula hoops or simply make circles with leaves on the ground. Pick a start line for each hula hoop.
- 2 Play! Grab a frisbee, beanbag or ball (or even a rolled-up pair of socks, will do) and move through the course trying to fly, toss or shoot into each hula hoop. Keeping score? The goal is to have the fewest throws at the end of the course.



HINT

Tomato cages work great to raise baskets off the ground.

Outdoor Artist

Use things you find outside in nature and turn them into works of art.

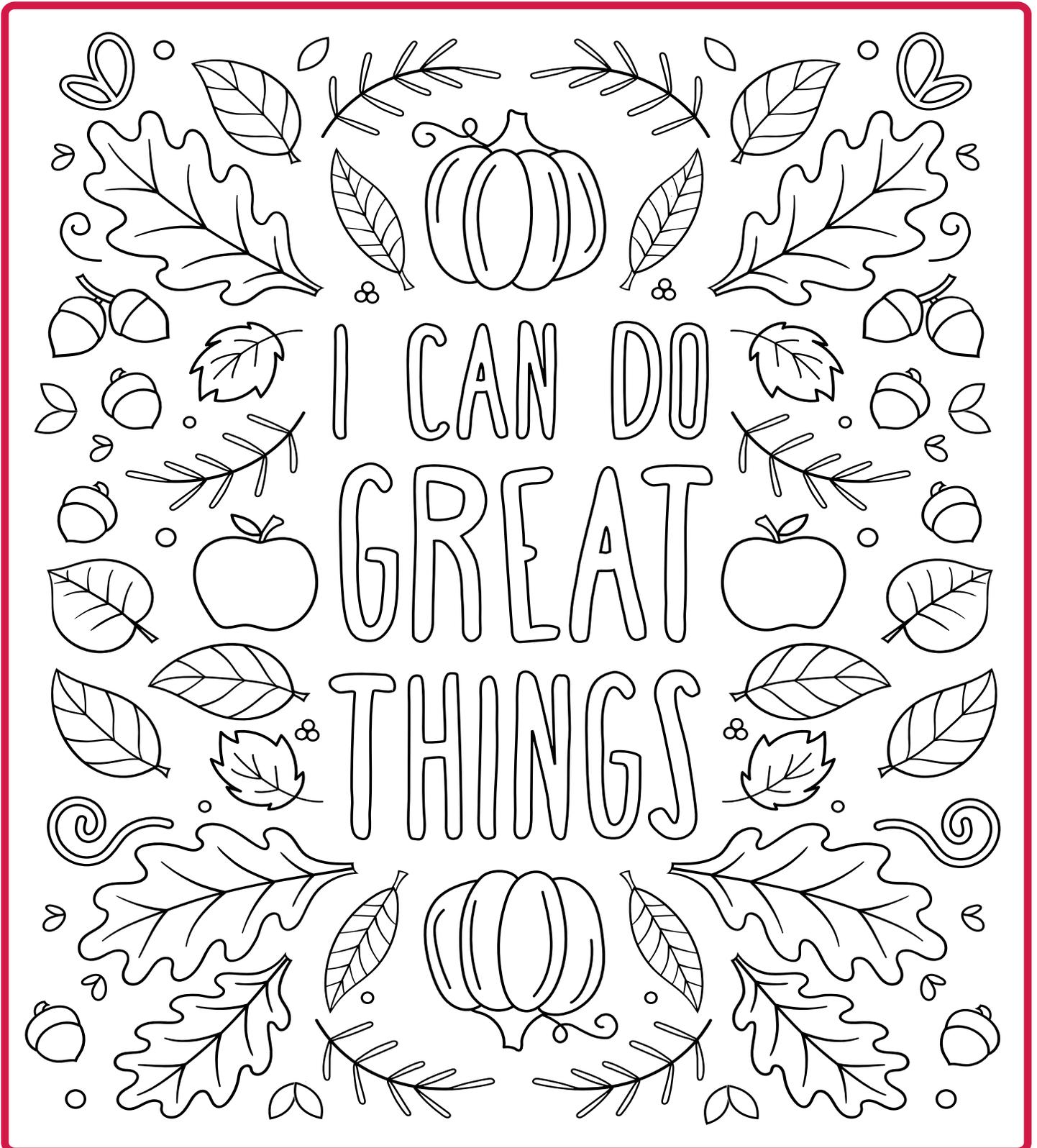
FIND things you like or that make you feel good. A colorful leaf, a cool stick, soft green moss, a bumpy rock.

CREATE: Keeping all the items outside, make patterns, shapes or any creative idea you have.



FEEL-GOOD FUN

Coloring is a fun way to help calm your body and mind.



FALL IS A SWEET SEASON

Try all of the sweet things this fall, from sweet potatoes to sweet words of thanks.

Sweet Potato Sweep

Grab brooms, sweet potatoes and a friend. Then, get sweeping with Sweet Potato Sweep.

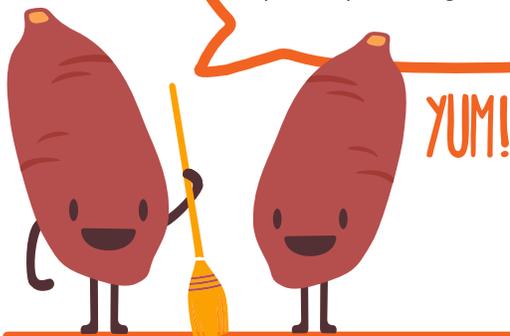
- 1 Mark a start and finish line (use tape or string).
- 2 Give each player a sweet potato (or any type of potato).
- 3 Using a broom, players sweep the sweet potato as fast as they can across the playing area.
- 4 The first person to sweep their sweet potato across the finish line wins!



HINT

When you are done playing, don't throw the potato away. Wash and scrub it. Then bake it and eat it.

You can find recipes at powerup4kids.org.



TREE OF THANKS

The small act of writing or drawing the things you're thankful for will leave you feeling good.

FIND LEAVES in nature or cut leaf shapes out of paper and write or draw what you're thankful for.

CREATE A TREE using your leaves and small twigs or scraps of paper.

GET CREATIVE and have fun!



MOVE MORE WORD SEARCH

Can you find these words below that get you moving?

- Balance
- Bend
- Bounce
- Dance
- Leap
- March
- Reach
- Shuffle
- Skip
- Spin
- Sway
- Twist

X	T	W	I	S	T	U	J	K	S	O	Q
V	G	B	A	L	A	N	C	E	H	B	Y
D	A	N	C	E	A	O	A	M	U	O	Z
S	K	I	P	L	B	E	N	D	F	U	P
O	S	P	I	N	L	E	A	P	F	N	K
I	A	U	E	R	E	A	C	H	L	C	P
L	M	V	Q	S	S	W	A	Y	E	E	S
D	O	M	A	R	C	H	G	D	B	O	F

Answer on page 11

PUT YOUR BODY AND MIND IN MOTION AND ON TRACK TO RELAX

It feels good to move *and* rest. Put the activities below to the test!

Balloon Volleyball

Try keeping the balloon from falling to the ground!

- 1 Make a center line as a net using string, a chair or anything you can find.
- 2 Play! Try to keep the balloon (or ball) going back and forth in the air for 21 turns.



Using a beach ball instead of a balloon is also a fun way to play this game.



BREATHE BREAK

Taking a break to breathe can help you feel calm. Give it a try by pretending you are a gust of fall wind!

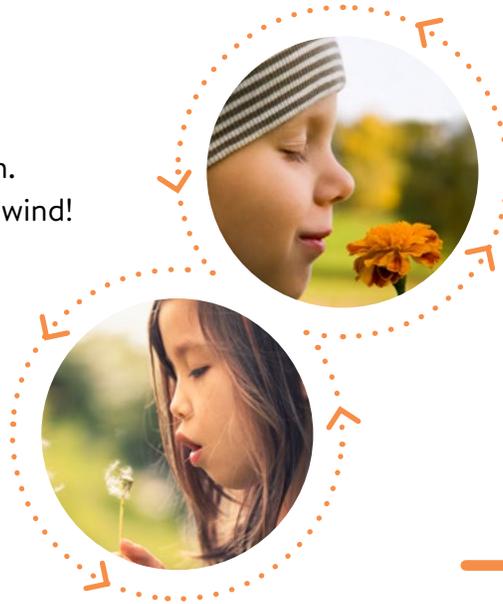
Sit down. Close your eyes.

BREATHE IN.

Pretend you are smelling a flower.

BREATHE OUT.

Pretend you are a gust of wind blowing the white fluffy seeds off a dandelion.

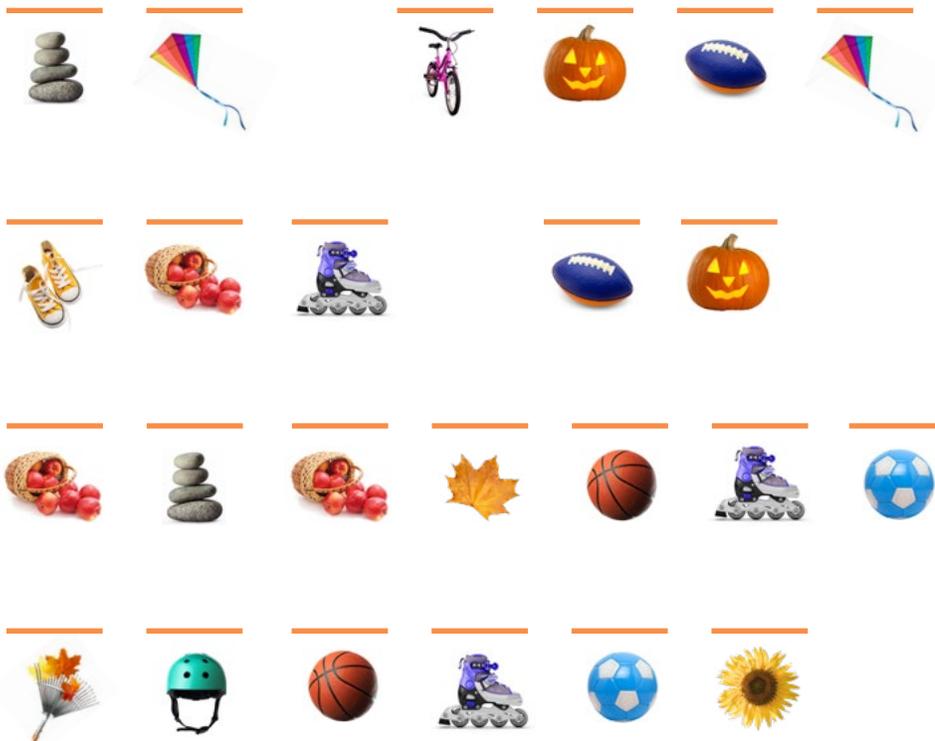


How did you feel after taking a breathing break?

What other things help you feel calm?

SECRET POWERUP MESSAGE

Decode the secret PowerUp message using the key.



KEY

		
A	B	C
		
D	G	H
		
I	M	N
		
O	S	T
		
Y	Z	

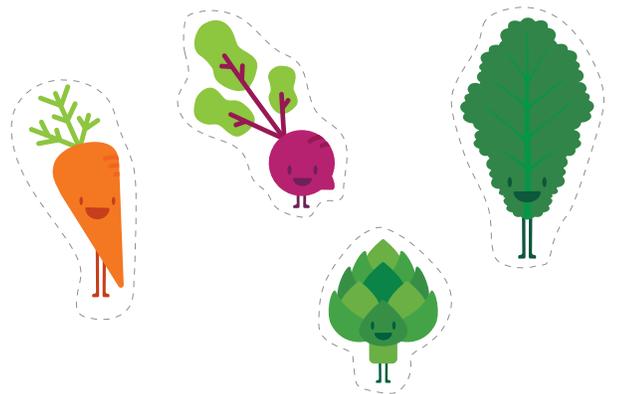
Answer on page 11

Veggieland



HOW TO PLAY VEGGIELAND

1. Each player chooses a veggie character
2. Take turns flipping a coin to move forward on the game board (heads = 3 spaces, tails = 2 spaces)
3. Follow any silly instruction that you land on
4. See who makes it to the finish line first
5. Have fun in Veggieland!



ANSWERS



MOVE MORE WORD SEARCH

X	T	W	I	S	T	U	J	K	S	O	Q
V	G	B	A	L	A	N	C	E	H	B	Y
D	A	N	C	E	A	O	A	M	U	O	Z
S	K	I	P	L	B	E	N	D	F	U	P
O	S	P	I	N	L	E	A	P	F	N	K
I	A	U	E	R	E	A	C	H	L	C	P
L	M	V	Q	S	S	W	A	Y	E	E	S
D	O	M	A	R	C	H	G	D	B	O	F

SECRET POWERUP MESSAGE

M	Y	B	O	D	Y	
C	A	N	D	O		
A	M	A	Z	I	N	G
T	H	I	N	G	S	



To find more fun ways to move more and feel good, visit powerup4kids.org.

