



# PURSUIT and STAR Academy Activity Workbook

## First Edition



## EXPLORE YOUR INTERESTS!

Guess Who

Flat Flash

Park District Landmarks

Word Search

Sign Language

Practice ASL

Book / Movie Review

At Home Scavenger Hunt

Heart Walk

Answer Keys



## #NWSRAConnected

We look forward to continuing to provide outstanding recreational programming in the comfort of your own home. We are excited to share our Activity Workbook! The workbooks will be available by email and our Activity Center. Please contact Katrina Place at [katrinap@nwsra.org](mailto:katrinap@nwsra.org) to request a copy to be mailed. We hope this helps you stay active while keeping your families healthy and well. Be sure to share your completed pages on social media (Facebook, Twitter, Instagram) and use **#NWSRAConnected**.

# GUESS WHO

Can you guess who your coordinators are? Use the clues and match the pictures! Hint: Use our website and brochure for clues.



<p>1. I have worked at NWSRA for 5 years and I oversee PURSUIT Mount Prospect. My favorite sport is gymnastics and I have a dog named Kelso.</p>	<p>2. I have worked at NWSRA for 2 years and I oversee PURSUIT Hanover Park. My favorite color is purple and I have a dog named Zoey.</p>	<p>3. I have worked at NWSRA for 4 years and I oversee PURSUIT Wheeling. My favorite hobby is horseback riding and my favorite color is purple.</p>	<p>4. I have worked at NWSRA for 2 years and I am the Lead DSP at STAR Rolling Meadows. I like do do crafts, I have 4 sisters and a dog named Finn.</p>
<p>5. I have worked at NWSRA for 9 years and I am the Lead DSP at STAR Mount Prospect. My favorite color is pink and I am a twin.</p>	<p>6. I have worked at NWSRA for 7 months and I am the Lead DSP at STAR Mount Prospect. I am left handed and I am from Wisconsin.</p>	<p>7. I have worked at NWSRA for 5 years and I oversee PURSUIT Rolling Meadows. I was in the Mighty Ducks Movie and I have two kids.</p>	<p>8. I have worked at NWSRA for 12 years and I am the Manager of Collaboratives. My favorite color is blue and I have a fish named Henry.</p>
<p>9. I have worked at NWSRA for 15 years and I am the Senior Manager. I have 5 pets and I have trained 2 therapy dogs.</p>	<p>10. I have worked at NWSRA for 5 years and I oversee STAR Academy. I have a dog named Archie and I am the middle child.</p>	<p>11. I have worked at NWSRA for 1 year and I am the Lead DSP at STAR Rolling Meadows. I am from Florida and I have a dog named Po Stanley.</p>	

# FLAT FLASH



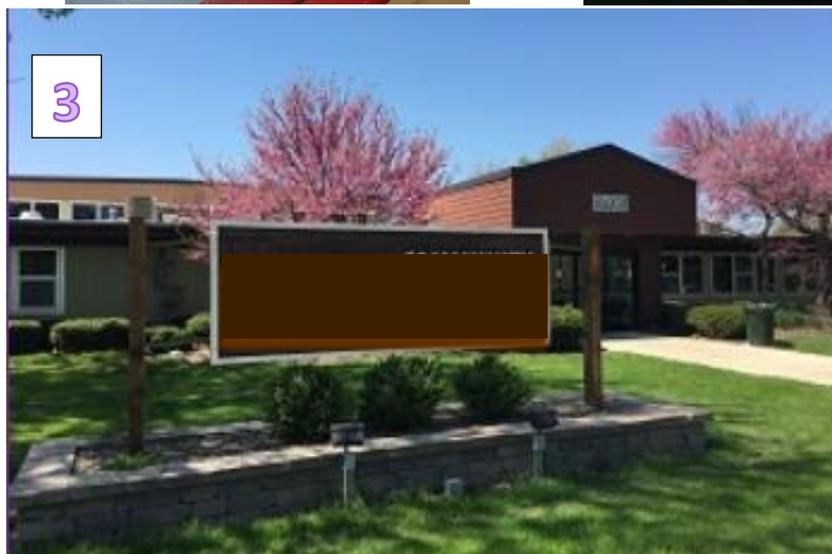
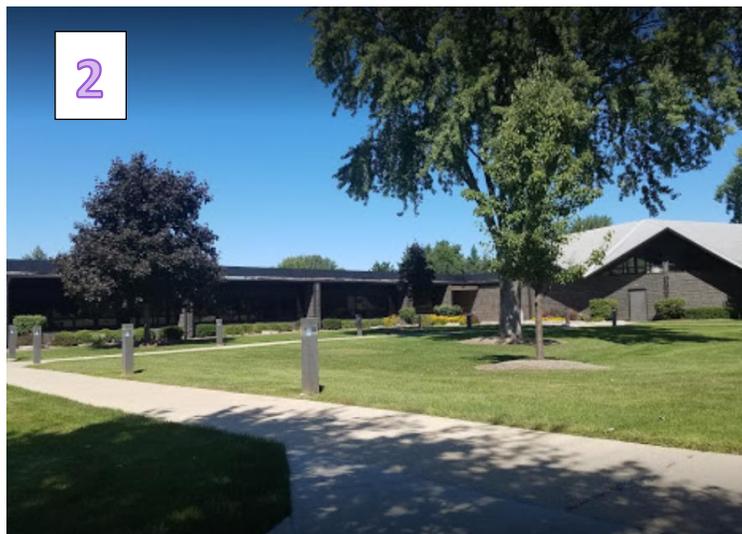
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Color the NWSRA mascot, Flash, and cut him out! Take a picture with your Flat Flash doing something fun and post it on social media using [#NWSRAConnected](https://www.instagram.com/NWSRAConnected).

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# PARK DISTRICT LANDMARKS



# WORD SEARCH

## NWSRA Word Search

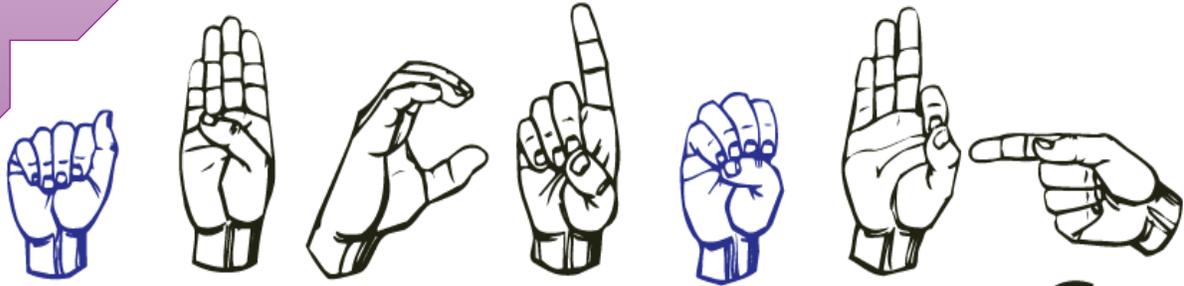
Z J L X P C N Y I F N S L B N A U Y Y R R F J  
T C T X N O I T A C I N U M M O C Q S A C K Q  
C Y R W H E E L I N G K E Y O P S R M D A B W  
E M V F R O L L I N G M E A D O W S J G C D K  
P E K F C S N A C K F E K Q X T R A E S L T R  
S S R R T U I R G R I N O Z C D H K W E Y E E  
O T A I I V P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

Find the following words in the puzzle.  
Words are hidden ↑ ↓ → ← and ↘ .

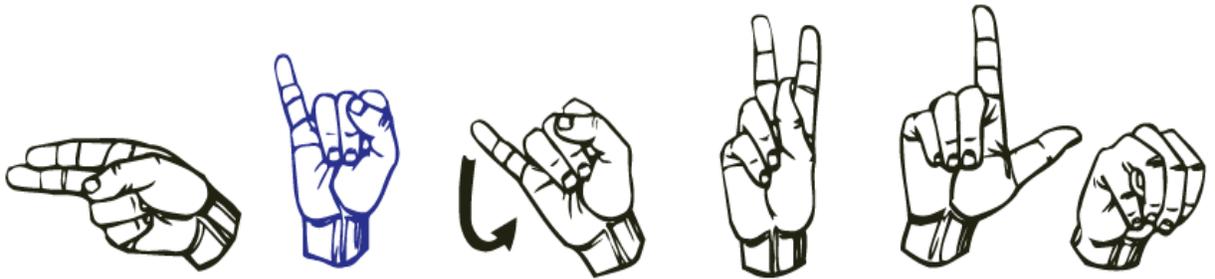
ART	FRIENDS	NWSRA	STAR
CLEARBROOK	HANOVERPARK	PURSUIT	SWIMMING
COMMUNICATION	HEALTH	RECREATION	TECHNOLOGY
COMMUNITY	IPADS	RISEANDSHINE	TURTLES
COOKING	JEWEL	ROLLINGMEADOWS	VOLUNTEER
CRAFTS	LUNCH	SENSORYROOM	WHEELING
DREAMLAB	MOUNTPROSPECT	SNACK	
FIELDTRIPS	MUSIC	SOCIAL	

# SIGN LANGUAGE

## ABC'S



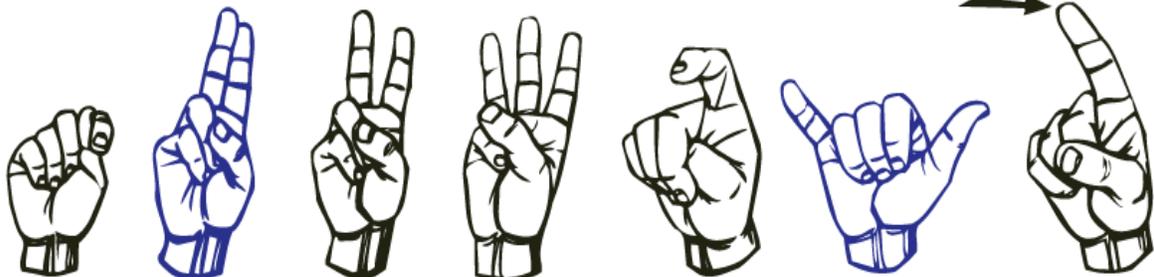
Aa Bb Cc Dd Ee Ff Gg



Hh Ii Jj Kk Ll Mm



Nn Oo Pp Qq Rr Ss



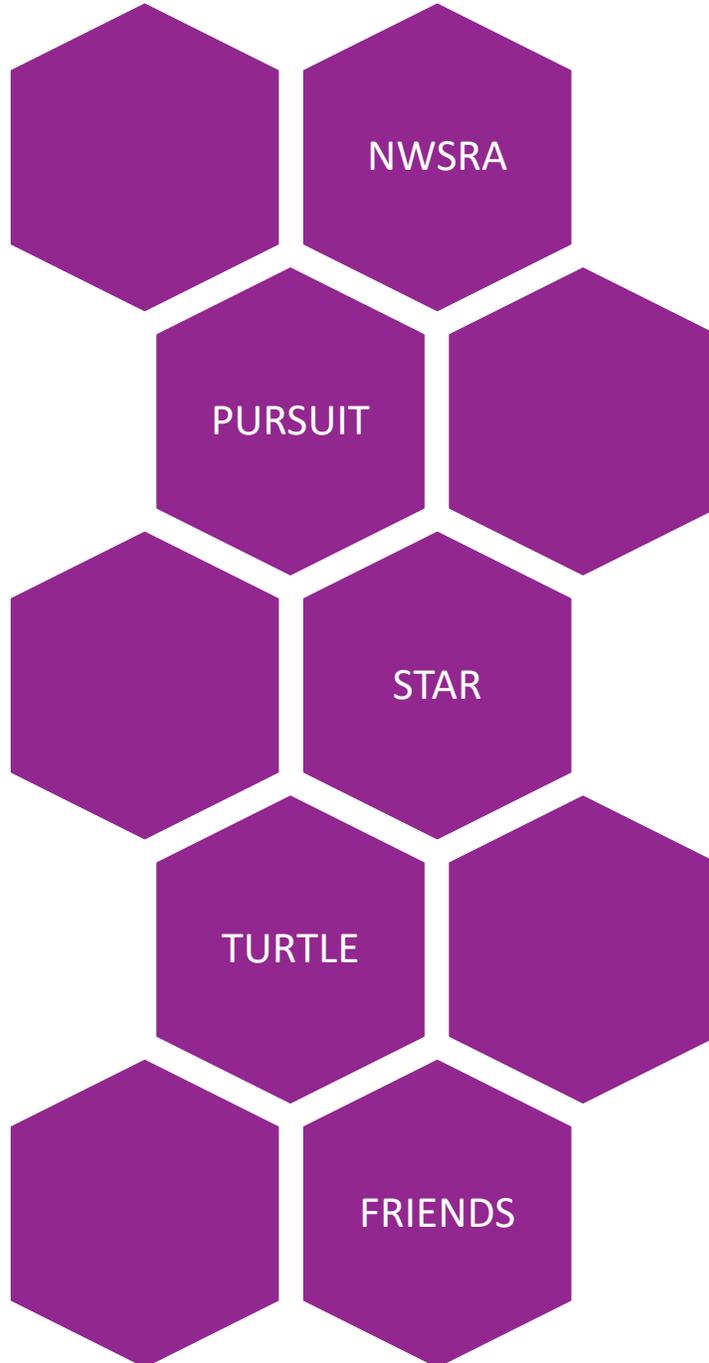
Tt Uu Vv Ww Xx Yy Zz

# PRACTICE YOUR ASL

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Using the alphabet, practice spelling some of your favorite  
NWSRA words!

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# BOOK / MOVIE REVIEW



**Title:** \_\_\_\_\_

**Movie:** \_\_\_\_\_ **Book:** \_\_\_\_\_

**Where does it take place?** \_\_\_\_\_

**Main Character:** \_\_\_\_\_

**Who is your favorite character?** \_\_\_\_\_

**Time period:** \_\_\_\_\_

**General Summary:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**How did you enjoy it?**

**Loved It** \_\_\_\_\_ **Liked It** \_\_\_\_\_ **Did Not Like It** \_\_\_\_\_

\_\_\_\_\_

Draw a scene from your book or movie below!

\_\_\_\_\_

# AT HOME SCAVENGER HUNT



1. Soft and plump, I'll be right here. Throughout your dreams, you'll keep me near. I'll keep you comfy all through the night, and you'll leave me here in the morning light.
2. Flat, black, and seemingly boring, I sit in the living room all day. Not until you turn me on do colors flash on my display.
3. From dirt, to paint, and everything in between, I'm your number one companion in keeping clean.
4. Standing quietly against a wall, you rarely notice me though I'm tall. Inside, I keep a lot of treats. Open my door and then you'll see!
5. A full one puts a smile on your face. You keep on going like it's a race. But as my contents start to diminish, you'll start to think if you're ready to finish. What am I?
6. Feeling cold? Then don't forget me! Throw me on before you go. I'm nothing special, everyone has me. People wear me when the temperature's low.
7. On, off, that's all I do. But my purpose does more for you! Turn me on when it's dark at night. My brightness beats out candlelight.
8. Take a gulp to cool yourself down. When it comes to beverages, I wear the crown. Not quite as sweet as soda or juice, but no other drinks could exist without my use.
9. Stepping out? Wear me first! I'll protect your feet from the worst.
10. Strong and sturdy, count on me! Just keep me locked, and you'll see. Tall and solid, all homes have me. To get me open, you'll need a key.
11. Jump inside, the water's fine! If it's not, just take your time. Move the knobs and get it right. I make sure you're clean every day and night.
12. Keep me open, keep me closed. There's really nothing I oppose. But when it rains, or when it's cold, to keep me shut is what you're told.
13. Tall and strong, I stay outside. The sun, the rain, they're by my side. I give birds homes and help you breathe. I even give you fruit to eat.

# HEART WALK

Follow the instructions to complete the heart craft. Hang your heart in a window. Take a walk with a family member or friend and see how many hearts you can find!



Gather all of your supplies. You will need: pencil, markers, coffee filter, scissors, paper towels / newspaper, spray bottle, newspaper.



Cover your table using paper towels or newspaper. If the table is not covered, the ink will bleed through.



Lay your coffee filter flat. Draw a heart.



Use your scissors to cut out the heart shape.



Using washable markers, color a design on your heart. Be creative!



Grab your squirt bottle and wet the coffee filter until the colors start to bleed together.



Set aside to dry.



When your heart is dry, use a small piece of tape to hang it in your window!



Go on an adventure to find other hearts!



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## WORD SEARCH

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### SOLUTION

#### NWSRA Word Search

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. . . . . NOITACINUMMOC . . . . .  
C . . WHEELING . . . . .  
E . . ROLLINGMEADOWSJ . . . . .  
P . KF . SNACKFEK . . TRAES . TR  
S SRRT . I . . . INO . C . H . WE . EE  
O T A I I . P . Y . E I O . R S E . E N . CE  
R A P E U . A . T . L H R . A W A . L S . HT  
P R R N S . D . I B D S B . F I L . C O . NN  
T . E D R . S N N A T D R . T M T L I R L O U  
N . V S U . E W U L R N A . S M H U S Y A L L  
U . O . P . L S M M I A E . . I . N U R I O O  
O . N . . . T R M A P E L . . N . C M O C G V  
M . A . . . R A O E S S C . . G . H . O O Y .  
. . H . . . U . C R . I C O O K I N G M S . .  
. . . . . T . . D . R . N O I T A E R C E R
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## AT HOME SCAVENGER HUNT

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1. Pillow	2. TV	3. Soap	4. Refrigerator	5. Plate	6. Jacket
7. Lamp	8. Water	9. Shoes	10. Door	11. Shower	12. Window
13. Trees					