



PURSUIT and STAR Academy Activity Workbook

Third Edition



EXPLORE YOUR INTERESTS!

Spot the Difference

Community Signs

I Spy

Zodiac Zone

Zen Doodle

Mr. Potato Head

Chopped Challenge

Connect the Dots

Dental Hygiene

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 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**.



SPOT THE DIFFERENCE



Find at least six differences in details between panels.



COMMUNITY SIGNS

Draw a line from the community signs to the matching word.



YIELD



NO U-TURN



SPEED LIMIT



CONSTRUCTION
ZONE



EXIT



DEER CROSSING



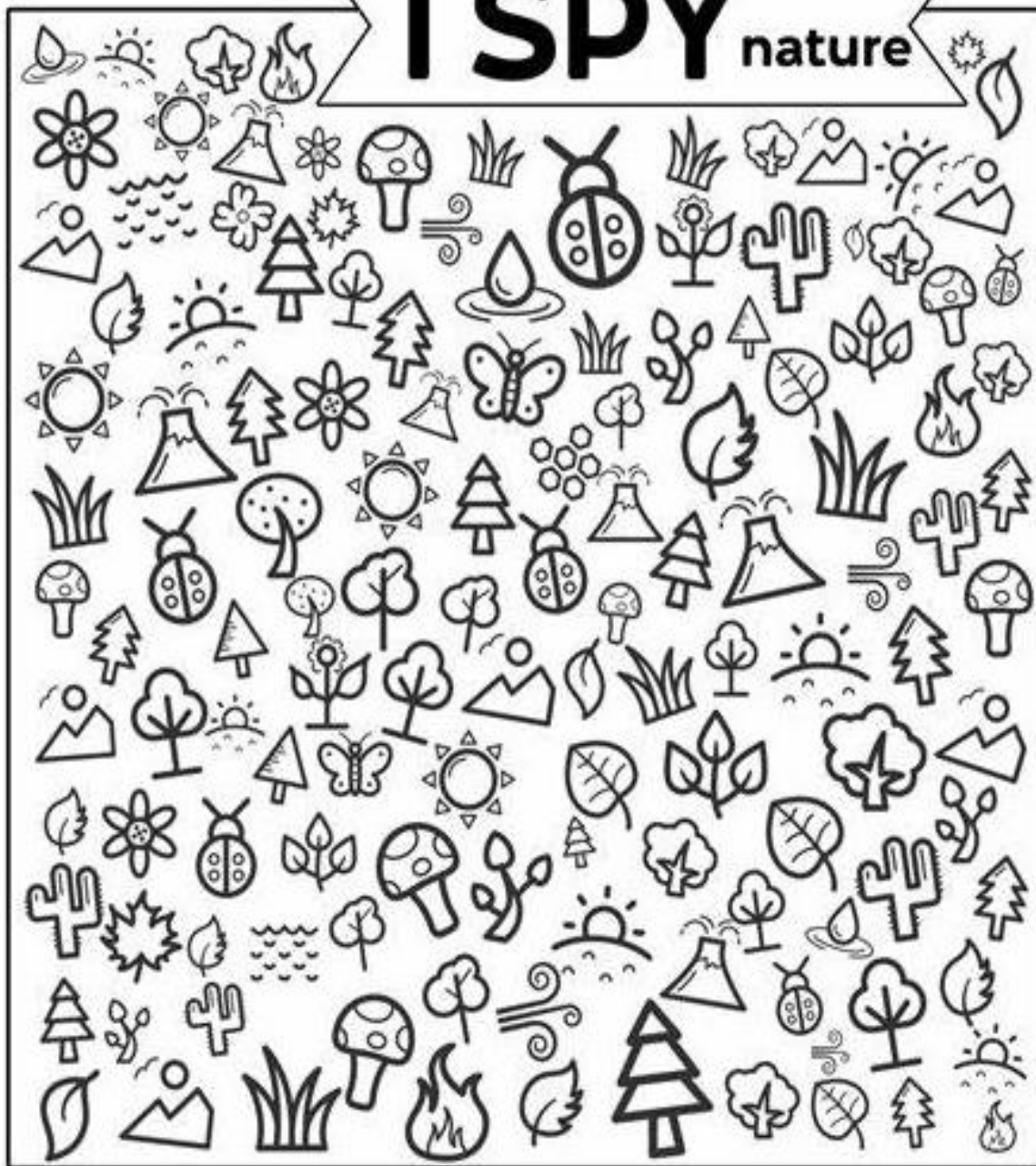
STOP



CROSS WALK

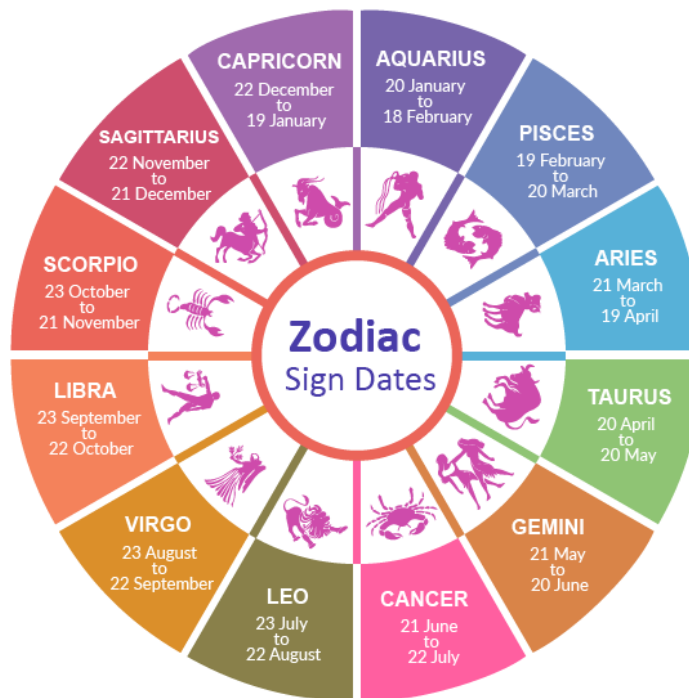
I SPY

I SPY nature



- | | | | | | | | | | | | | | | | | | | | |
|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|
| 2 | | 4 | | 4 | | 2 | | 4 | | 5 | | 7 | | 4 | | 6 | | 5 | |
| 1 | | 6 | | 7 | | 1 | | 3 | | 6 | | 7 | | 4 | | 7 | | 4 | |
| 3 | | 2 | | 4 | | 6 | | 2 | | 7 | | 3 | | 9 | | 6 | | 3 | |

ZODIAC ZONE



Water Signs

Water signs are exceptionally emotional and ultra-sensitive. They are highly intuitive and they can be as mysterious as the ocean itself. Water signs love profound conversations and intimacy. They rarely do anything openly and are always there to support their loved ones. The Water Signs are: **Cancer, Scorpio and Pisces.**

Fire Signs

Fire signs tend to be passionate, dynamic, and temperamental. They get angry quickly, but they also forgive easily. They are adventurers with immense energy. They are physically very strong and are a source of inspiration for others. Fire signs are intelligent, self-aware, creative and idealistic people, always ready for action. The Fire Signs are: **Aries, Leo and Sagittarius.**

Earth Signs

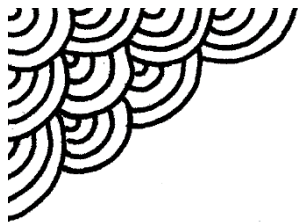
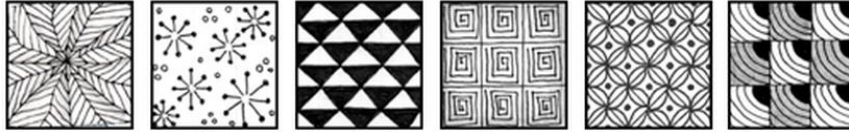
Earth signs are “grounded” and the ones that bring us down to earth. They are mostly conservative and realistic, but they can also be very emotional. They are connected to our material reality and can be turned to material goods. They are practical, loyal and stable and they stick by their people through hard times. The Earth Signs are: **Taurus, Virgo and Capricorn.**

Air Signs

Air signs are rational, social, and love communication and relationships with other people. They are thinkers, friendly, intellectual, communicative and analytical. They love philosophical discussions, social gatherings and good books. They enjoy giving advice, but they can also be very superficial. The Air Signs are: **Gemini, Libra and Aquarius.**

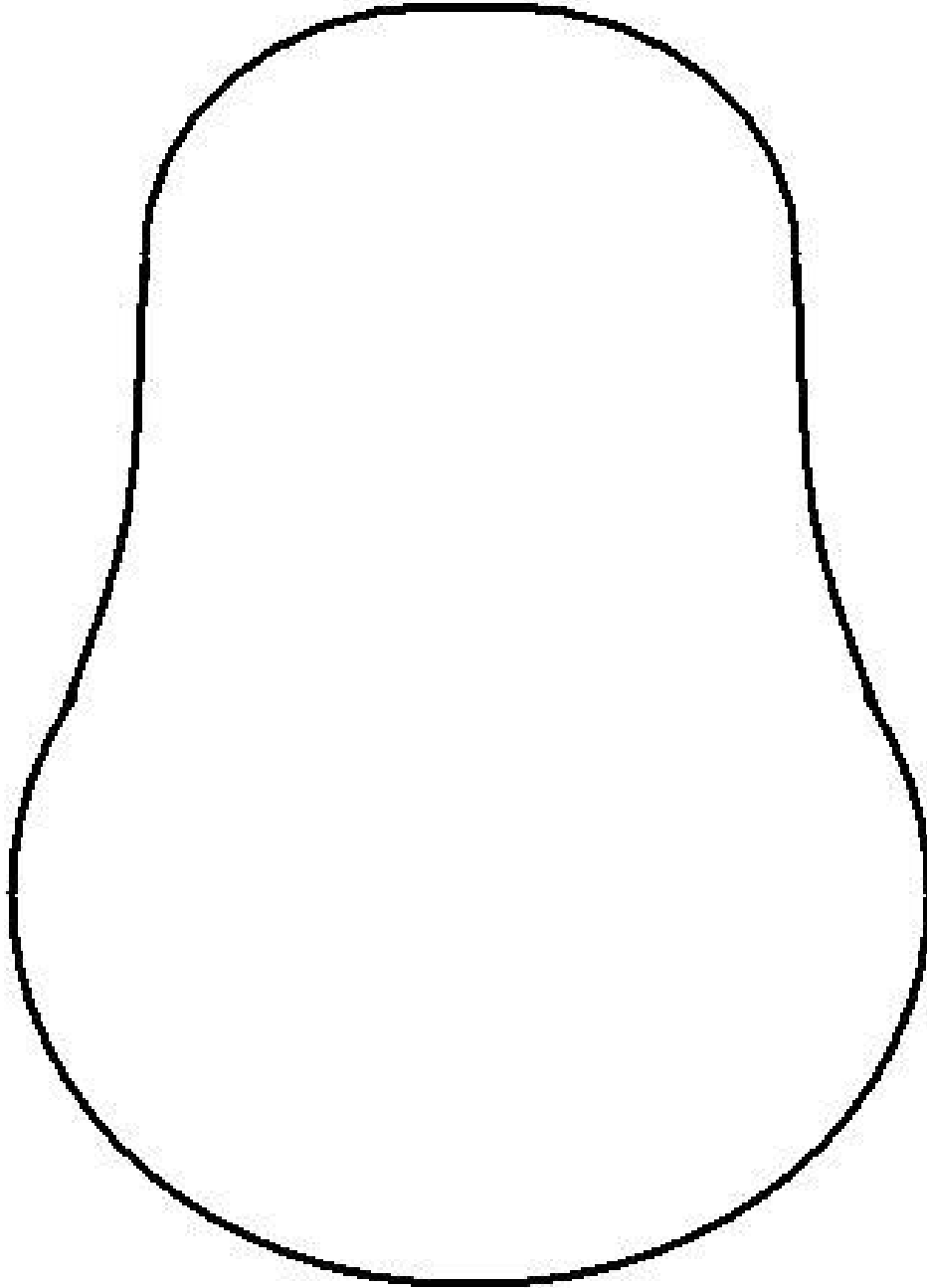
ZEN DOODLE

Zendoodling is the art of drawing designs using unstructured patterns or “Zentangles.” When you draw a Zendoodle, you are creating a work of art and deliberately creating a mood, focus and state of mind. Let us help you get started!



MR. POTATO HEAD

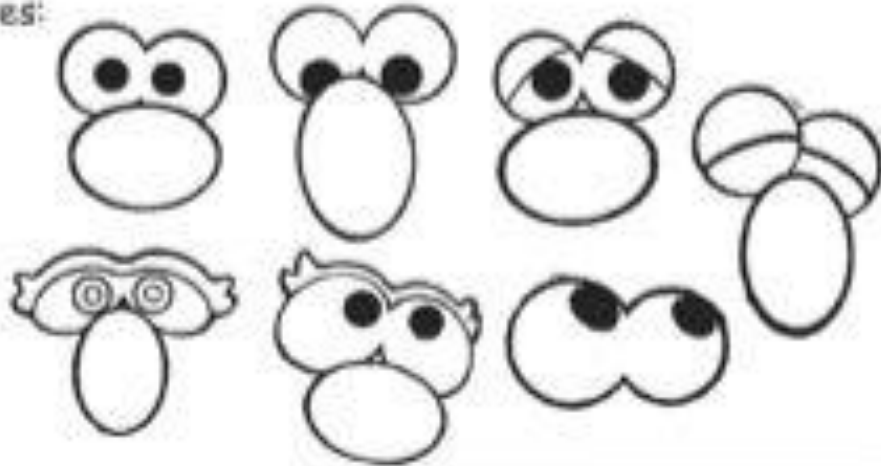
Use the body parts on the next page to be creative and make
your very own Mr. Potato Head!



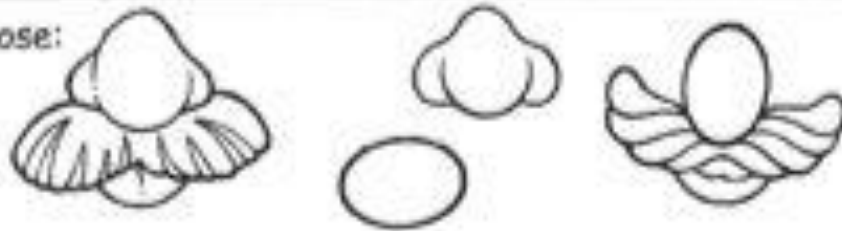
MR. POTATO HEAD

Color, cut and glue onto your potato head!

Eyes:



Nose:



Mouth:



Feet:



Ears:



CHOPPED CHALLENGE

Cut out the boxes and choose three items at random. Your challenge is to create a meal or snack utilizing those three items. Be creative! Once you have created the meal share it on social media, tagging **#NWSRAConnected** and **#NWSRACHoppedChallenge**.

Peanut Butter	Flour	Honey	Oatmeal
Mustard	Jelly	Eggs	Cereal
Ketchup	Milk	Juice	Fruit

Recipe

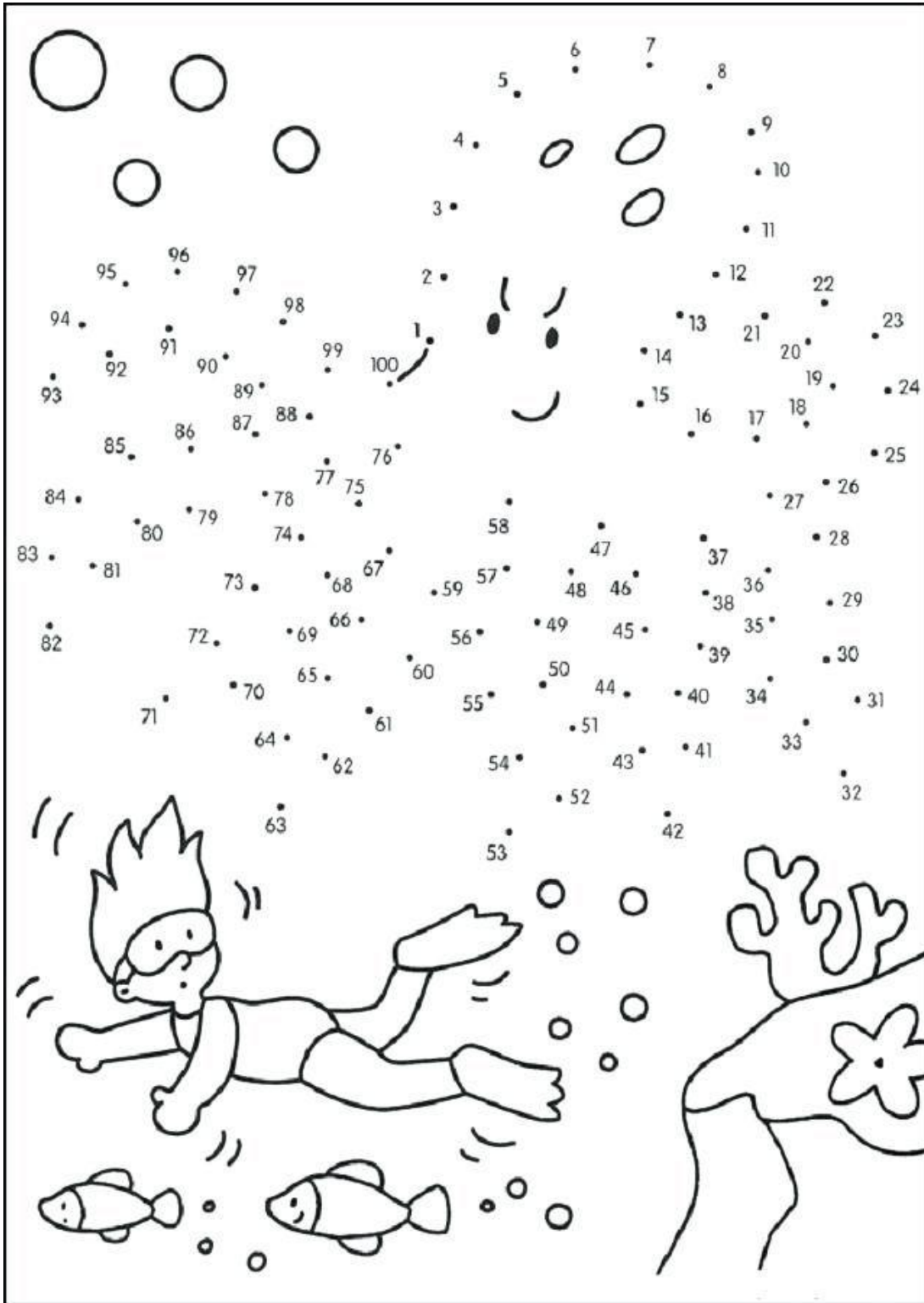
Ingredients Used:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.



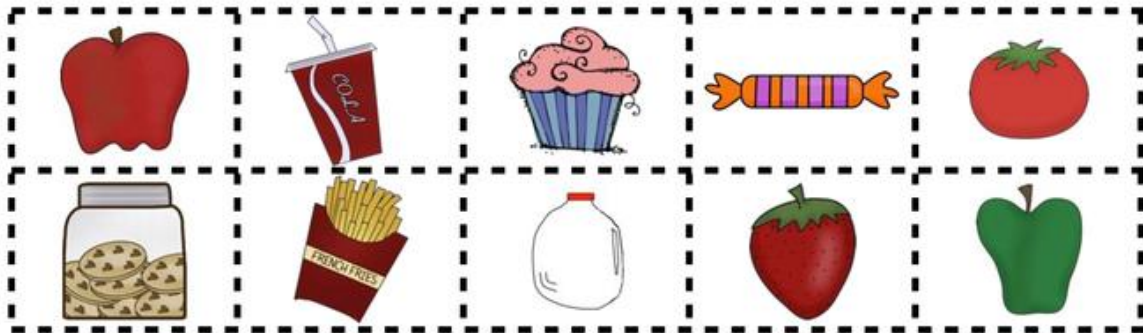
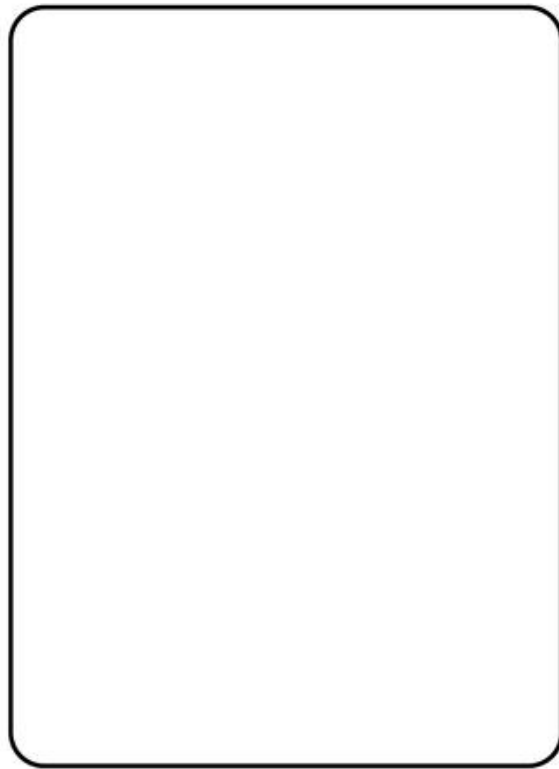
How to Make:

CONNECT THE DOTS



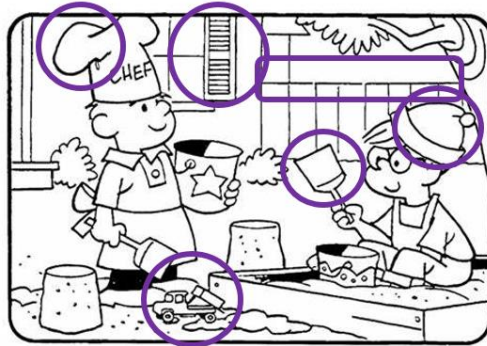
DENTAL HYGIENE

ABC Dentistry has taught us all about healthy dental hygiene habits. Look at the pictures below. Cut and paste the food under the correct smile, either healthy or unhealthy.



ANSWER KEY

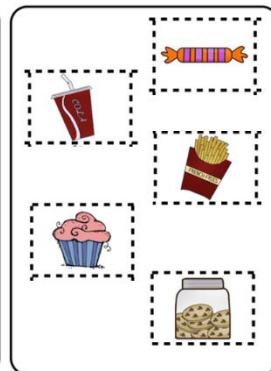
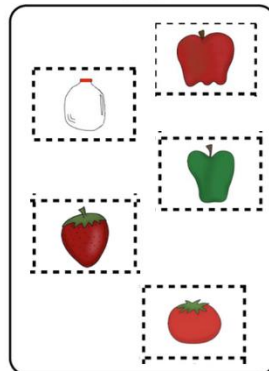
SPOT THE DIFFERENCE



Find at least six differences in details between panels.



DENTAL HYGIENE



ANSWER KEY

COMMUNITY SIGNS

