



SUMMER WELLNESS ACTIVITY GUIDES

The Summer Wellness Activity Guides are a collection of activities that have four main focus areas; nutritional health, physical health, mental health, and environmental health all with a science inquiry lens applied to them. Each guide contains 28 activities split up between age groups; 5-9, 10-12, 13-15, and 16-18, totaling 112 different hands-on activities!

Join OregonASK as we walk through the basics of how to use each guide and get a free copy of the interactive units!

WITH TRAINER KASSY ROUSSELLE
JUNE 3, 2021 | 12:00-1:00 PM
SET 1 | LEC | 1 HOUR

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