

# Color the States!

Color the state where you live **red**.

Color the states you have visited **green**.

Color the states you want to visit **blue**.



Note: Alaska and Hawaii are not to scale.

# Color the States!

Look at the states you colored **green**. Why did you visit these states?

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Look at the states you colored **blue**. Why do you want to visit these states?

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**Special Populations, New Activity-Resource Listing, Week 10, May 25 - June 12, 2020**

<b>Activity / Organization</b>	<b>Description and/ or Link</b>
Atlantic's Hurricane Season Preparedness 2020 - June 1, 2020	Stay informed, prepared, and safe during this hurricane season! Visit: <a href="https://www.ready.gov/hurricanes">https://www.ready.gov/hurricanes</a>
Better Parks, Better Broward!	Share your input to help plan for a better future for Parks and Recreation in Broward County! <a href="https://betterparksbetterbroward.com/">https://betterparksbetterbroward.com/</a>
Broward County Parks and Recreation - WHAT'S OPEN, WHAT'S CLOSED?	SEE WHICH PARKS ARE OPENED: <a href="https://www.broward.org/Parks/Pages/COVID19PARKUPDATES.aspx">https://www.broward.org/Parks/Pages/COVID19PARKUPDATES.aspx</a>
Burial at Sea - A WWII Tribute to Loyce Deen	<a href="https://www.youtube.com/embed/jpt6Bvr2L-s?rel=0&amp;controls=0&amp;showinf">https://www.youtube.com/embed/jpt6Bvr2L-s?rel=0&amp;controls=0&amp;showinf</a>
Broward County Parks and Recreation Goes Virtual - Animals and Wildlife	Learn about animals and wildlife! <a href="https://www.facebook.com/pg/browardcountyparks/videos/?ref=page_internal">https://www.facebook.com/pg/browardcountyparks/videos/?ref=page_internal</a>
Color the States!	<b>See Attached</b>
Crisis & Trauma Resource Institute - Learn a New Skill in 4 Steps	Helpful tips to move through the stages of learning a new skill: <a href="https://ca.ctrinstitute.com/blog/how-to-learn-a-new-skill-in-4-steps/">https://ca.ctrinstitute.com/blog/how-to-learn-a-new-skill-in-4-steps/</a>
Crisis & Trauma Resource Institute - 'Wiggle to Wind Down'	A guided activity, geared towards children, using playful movements to target feelings of anxiousness and release energy for a more relaxed state. <a href="https://us.ctrinstitute.com/stress-reduction-exercises/">https://us.ctrinstitute.com/stress-reduction-exercises/</a>
Color Our Collections - FREE Coloring Sheets	Download and print coloring sheets from library archives and cultural institutions across the world. <a href="https://library.nyam.org/colorourcollections/">https://library.nyam.org/colorourcollections/</a>
Cook-A-Longs with Theo Michaels	Every Monday, Wednesday, and Friday at 4 p.m., cook with your kids! <a href="https://www.theocooks.com/kids-cookalong-live/">https://www.theocooks.com/kids-cookalong-live/</a>
Disability Horizons - Accessible Apps and Online Games - Compatible for iPhone and Android	A variety of apps and online games: musical instruments, coloring, drawing, memory, and more! <a href="https://disabilityhorizons.com/2018/05/10-fun-accessible-game-and-activity-apps/">https://disabilityhorizons.com/2018/05/10-fun-accessible-game-and-activity-apps/</a>
English National Ballet - FREE Access to Ballet Dances	Watch and learn some ballet techniques and dances: <a href="https://www.facebook.com/EnglishNationalBallet/">https://www.facebook.com/EnglishNationalBallet/</a>
Flamingo Gardens Scavenger Hunt	All welcomed to solve the riddles for a family oriented scavenger hunt: <a href="https://www.facebook.com/FlamingoGardensOrg/">https://www.facebook.com/FlamingoGardensOrg/</a>
<b>Let us be prepared for the worst and hope for the best!</b>	



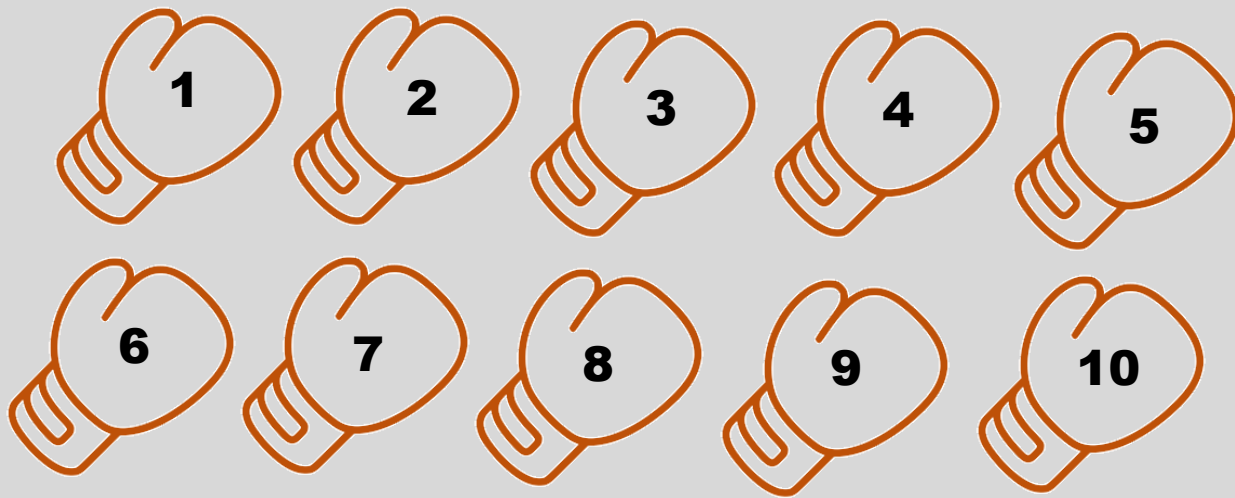
**Special Populations, New Activity-Resource Listing, Week 10, May 25 - June 12, 2020**

FEMA - Be Prepared for a Hurricane - Information Sheet	General guidelines to prepare and stay safe before, during, and following a hurricane. Visit: <a href="https://www.fema.gov/media-library-data/1527015736946-1f1f8b5f3989072327dd54d5007c06cf/HurricaneV2.pdf">https://www.fema.gov/media-library-data/1527015736946-1f1f8b5f3989072327dd54d5007c06cf/HurricaneV2.pdf</a>
FREE Gentle Yoga and Relaxation for Veterans	Live class on Friday, May 29, 2020, 9 a.m. - 10 a.m. Sign up: <a href="https://www.eventbrite.com/e/gentle-yoga-and-relaxation-for-veterans-tickets-104153792798">https://www.eventbrite.com/e/gentle-yoga-and-relaxation-for-veterans-tickets-104153792798</a>
Greenfields Outdoor Fitness - Mobility II	An at home mobility workout in less than 30 minutes! <a href="https://www.youtube.com/watch?v=rwTDH6SVCOc&amp;feature=youtu.be">https://www.youtube.com/watch?v=rwTDH6SVCOc&amp;feature=youtu.be</a>
Gresham College - FREE Lectures	Different types of on history, geography, medicine and more! <a href="https://www.gresham.ac.uk/">https://www.gresham.ac.uk/</a>
Memorial Rehabilitation Institute - Caregiver Support Group	Last Monday of the Month, 4 - 5 p.m., Zoom: <a href="https://www.zoom.com">www.zoom.com</a> . Meeting ID: 963-2693-1886
National Institute on Aging - What's On Your Plate?	A guide to smart food choices for healthy aging: <a href="https://order.nia.nih.gov/sites/default/files/2019-05/whats-on-your-plate-508.pdf?utm_source=nia-mailchimp&amp;utm_medium=email&amp;utm_campaign=healthyaging-20200518">https://order.nia.nih.gov/sites/default/files/2019-05/whats-on-your-plate-508.pdf?utm_source=nia-mailchimp&amp;utm_medium=email&amp;utm_campaign=healthyaging-20200518</a>
Scottish National Gallery of Modern Art - Sensory Sculpture Stories	Use your senses to enjoy the sculptures! <a href="https://www.nationalgalleries.org/art-and-artists/features/sensory-sculpture-stories">https://www.nationalgalleries.org/art-and-artists/features/sensory-sculpture-stories</a>
Rolling with the Punches!	<b>See Attached</b>
SAVE THE DATE! Watch the Summer Solstice 2020 <b>LIVE</b>	Watch Live from Stonehedge on Saturday, June 20, 2020 at 8:30 p.m., to 5:30 a.m. Stay updated: <a href="https://www.facebook.com/events/581183132524229/">https://www.facebook.com/events/581183132524229/</a>
Nova Southeastern University - Art Museum Virtual Tours	Check out some of the virtual exhibitions: <a href="https://nsuartsuemuseum.org/exhibitions/currently-on-view/">https://nsuartsuemuseum.org/exhibitions/currently-on-view/</a>
Vegan Food Word Search	<b>See Attached</b>
Youth Environmental Alliance - Explore Even More of Nature Through Videos and Online Events!	Check out videos and online events about nature! Visit: <a href="https://www.facebook.com/pg/YouthEnvironment">https://www.facebook.com/pg/YouthEnvironment</a>

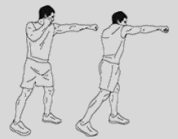
**We hope that you and your family continue to stay safe!**

# Rolling with the Punches!

Using the boxing mitts as a guide, answer the questions below.



1. Find an odd number between 5 and 10. What is the number\_\_\_\_?  
Perform that many straight punches.



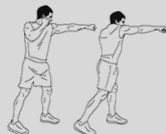
2. Find an even number between 5 and 10. What is the number\_\_\_\_?  
Perform that many hook punches.



3. Find an odd number between 2 and 8. What is the number\_\_\_\_?  
Perform that many uppercut punches.



4. Find your lucky number between 1 and 10. What is the number \_\_\_\_?  
Perform that many of a combination of straight, hook, and uppercut punches.



**Repeat 1 – 4 for three sets. Rest in between sets.  
Choose different numbers each set.**



## Vegan Word Search



A vegan does not eat or use animal products or animal-derived products of any kind. This includes meat, dairy, eggs, honey and fish.

Find and circle the list of words in the word puzzle below.

Alternative  
Beans  
Compassion  
Environmental  
Fruit  
Grains

Lifestyle  
Nondairy  
Plants  
Potatoes  
Raw  
Salad

Seitan  
Soy  
Tofu  
Tofurky  
Vegan  
Vegetable

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