

#MIKIDSCAN SPRINGTIME CHALLENGE



Spring into action and take advantage of the beautiful spring weather!
Take the #MiKidsCan pledge and spend 60 minutes being active every day.

ACTIVITIES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BIKE RIDE							
ROLLERBLADE							
SOCCER							
BASEBALL/ SOFTBALL							
PLAYING AT THE PARK							

Capture the activity by using the #MIKidsCan hashtag when you post to Facebook, Instagram or Twitter.

#MIKIDSCAN BRAINBUSTERS

#MIKIDSCAN GROW

Find the spring produce in the word search below.

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

STRAWBERRIES
APRICOTS
CHERRIES
HONEYDEW

PINEAPPLE
ORANGES
MANGO
LIMES

GO GREEN

Test your knowledge by matching the below recycling material with the correct bin.



*Recycling guidelines may vary based on location

Get more great tips and recipes at aHealthierMichigan.org

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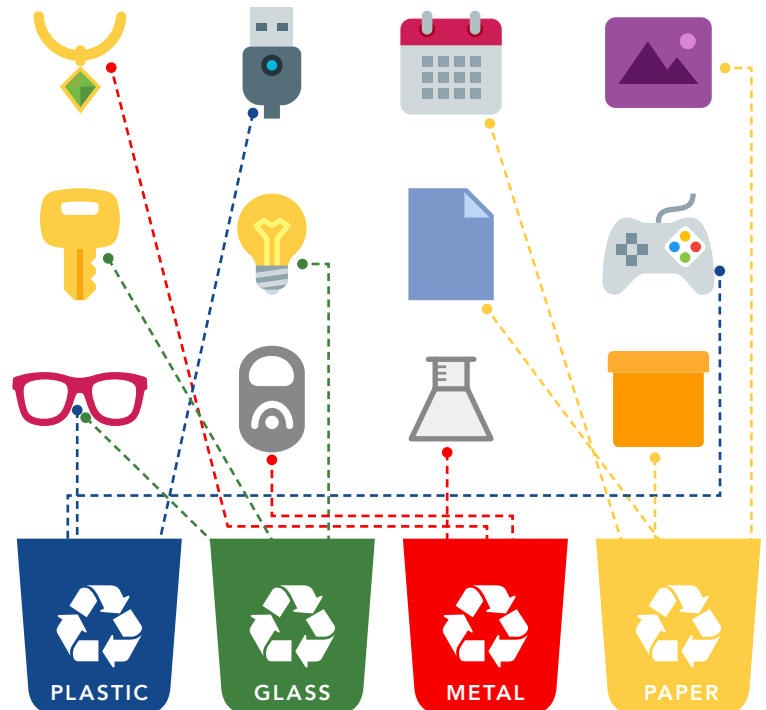
H S I **S** T Y L J F Y E X O B R **O** D J S O
V F J **T** G V V T Q H X L A A **G** M N I E J
C A I **R** **S** **T** **O** **C** I R P A V **N** Y J V N O U
O A I **A** Z C M O K L U **W** A V E R W E U F
H B I **W** E O X V V Q **E** M W R H J K A Z W
F H J **B** Z H H V H **D** T X I H O J N P X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

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