

1. Circle all activities that make your heart beat faster:



Sleeping



Walking up stairs



Sitting and talking

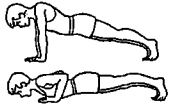


Running



Dancing

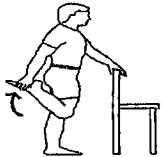
2. Circle the activity that makes your muscles stronger.



3. Circle the activity that make your muscles stronger:



4. Circle the activity that stretches muscles in your upper body or arms?



5. Circle the activity that stretches muscles in your legs



BLIZZARD Bag #3 Gr. K-2