

# **SOGO Squirts Week 13**

## **M is for Move**

Let's get moving! Draw a picture or write about your favourite way to move! Maybe you love walking or riding your bike, or going for a canoe ride! Don't forget the colour.



## Move in Different Ways!

Let's move our bodies in ways that animals move. Get your grown up to call out different animals and act like those animals. If you want you can add in the sounds those animals make.

## Adventure Walk

Let's take a walk! On your walk look for items that start with the letter "M". Some ideas are mailbox, mushroom, moose. Write or draw the items you found in this box.

