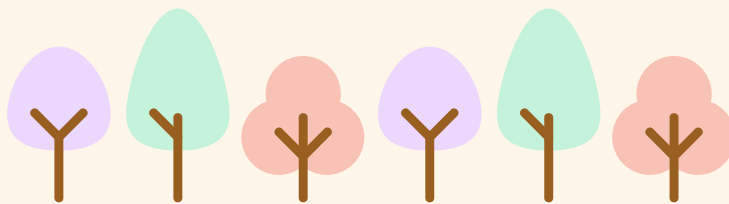


LRSD Moves: Spring Break Edition



Walk to your school and back	Take 10 deep breaths outside	Play at a new park	Walk/ride on a trail	Run an errand using your feet instead of a car
Go on a nature walk - what do you see, hear, smell, feel, and taste?	Explore a new place in your community	Exercise outside	Explore a forest in your community	Create nature art
Go cross-country skiing	Take a picture of something beautiful in your community	 FREE SPACE	Take a 10-minute walk	Go tobogganing
Invent a new game to play outside	Make your own map of your community	Draw a picture of something you see outside	Count how many steps it takes to walk to your nearest grocery store	Build a snowman
Count how many animals you see on a walk	Give a family member or friend step by step directions to one of your favourite places	Paint a rock or stick and leave it in a special place outdoors for others to enjoy	Draw a picture of the cloud shapes you saw on a walk or bike ride	Count how many types of trees you can find around your home

Post at least one picture of you doing any square and your completed Bingo sheet to Twitter and tag @louis_riel_sd and #LRSDMoves