















Dear Camper,

It's me, Skye  ! I'm at   **CAMP noggin**  .

This week, we're being athletes  ! HOWL!

I love  to play ball  and run. What sports  do you like?

Rubble , Marshall  and I  ran through a maze  of trees  at camp to get to our tents .

After a fun day of playing , we roasted pup treats and marshmallows  at the campfire . Ryder  helped us. Marshall  LOVES marshmallows! .

What's your favorite snack? 

This pup's  gotta fly  !

Please write  back and tell me about camp - I can't wait to get your letter  !

Your friend,



Skye



# Congratulations, Camper!



Congratulations, Camper! You earned your Athlete Badge! Way to go! Glue your badge on your Camper belt, right next to your Scientist Badge from Week 1!



CUT



GLUE

Draw yourself on the field!



COLOR



## Roll YOUR Exercise!

Cut out the die and tape it together. Roll it to see what exercise to do!

Score along all tabs



10 Toe Touches

Tip: Score here before cutting out



10 Genie-rrific  
Jumping Jacks



Flap Like a Chicken



Extendo Arm Stretch



10 Hops in Muddy Puddles



Swim like a Guppy

Score and fold the 4 sides  
around the front. Apply glue to  
tabs to create your block!



# The \_\_\_\_\_ Athlete Cheer!

(Describing word, like silly or hungry)

Let's make up an Athlete Cheer!

Ready Athlete \_\_\_\_\_ ? Here we go!

(your name here)

\_\_\_\_\_ your feet on the ground.

(action word, like tap or stamp)

Wiggle your \_\_\_\_\_ all around!

(body part)

Jump \_\_\_\_\_ times up and down,

(a number 1-10)

Twirl your \_\_\_\_\_ and make a loud sound- HOORAY!

(body part)

Wave your \_\_\_\_\_ in the air.

(body part)

Everyone shout- \_\_\_\_\_ is here!

(your name here)

Go, Athlete!

