

WEATHER

MIND AND BODY

WORKOUT

Find and circle the 10 underlined words.
Move your body like the weather words.

BLIZZARD - Move like you are walking in deep snow.

DRIZZLE - Tip toe like a light rain.

EARTHQUAKE - Shake your body all over.

FREEZE - Give yourself a warm hug.

HURRICANE - Move your body like a bad storm.

RAINBOW - Bend over and touch the floor.

THUNDER - Stomp your feet like loud thunder.

TWISTER - Spin in place 3x

WINDY - Pretend you are a tree blowing in the wind.

CALM - Stand very still for 10 seconds.

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

SOLUTION

