



**STRETCHING**

# Crack the Code

Slang words come and go. See if you can provide the meanings for the slang terms listed below.

- Bash \_\_\_\_\_
- Go ape \_\_\_\_\_
- Party pooper \_\_\_\_\_
- Cut out \_\_\_\_\_
- Cloud 9 \_\_\_\_\_
- No sweat \_\_\_\_\_
- Wheels \_\_\_\_\_
- Shades \_\_\_\_\_
- Happy camper \_\_\_\_\_
- My bad \_\_\_\_\_
- Boom box \_\_\_\_\_
- Bunk \_\_\_\_\_
- Crasher \_\_\_\_\_
- YOLO \_\_\_\_\_
- Brain fart \_\_\_\_\_





WORKOUT 1

# Past their Prime

Recall as many items as you can that are rarely or never used today. Think about how technology has replaced items of days gone by.

8mm camera

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**WORKOUT 2**

# What's In a Name?

For each item, identify a previous or old-fashioned name for the item.

## New

1. Living room
2. Aluminum foil
3. Flip flops
4. Capris
5. Panty hose
6. Gas station
7. Dresser
8. Jeans
9. Pants
10. Lunch box
11. Movie
12. Backpack
13. Conditioner (for hair)
14. Boots
15. Harmonica
16. Couch
17. Refrigerator
18. Accelerator
19. Copier
20. Stove
21. Junk car

## Old

1. Parlor
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_
21. \_\_\_\_\_





COOL DOWN

# Dot to Dot with a Twist

Connect the dots alternating by number and letter order. Start with 1 and connect to A; then connect to 2 and then B, and so on.

