



STRETCHING

Spring Flowers

Using the letters for the word FLOWER, make a creative poem about springtime.

F _____

L _____

O _____

W _____

E _____

R _____





WORKOUT 1

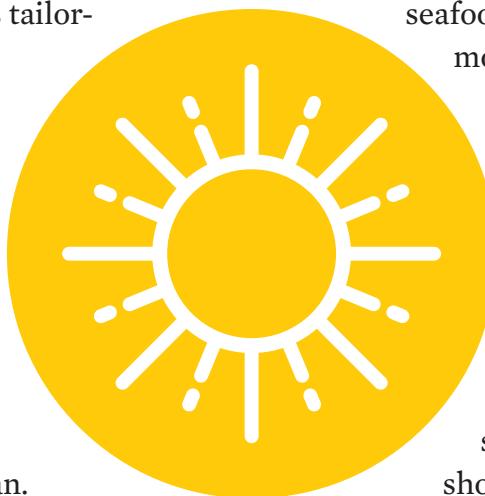
My Summer to Savor

Read the seasonal story and underline all of the words that begin with **S** and end with **R**. There are 20 in total, can you find them?

She puts the last flower into its tailor-fit crater in the soil, and is sure to give it a little extra water to make it stronger. Jane stands up and dusts off her knees and hands, and admires her hard work. Looking down, she notices some dirt has gotten onto her sneaker, so she takes out a handkerchief, dampens it with water from the pail, and rubs her shoe clean. Collecting her tools, Jane walks to her porch to rest before supper.

Jane appreciates these days of accomplishment and serenity now more than ever. While she rocks on the porch, she peers out at the lake that rests just over a mile down the road. The way the sun hits the water at this time of day makes it shimmer in hues of blue and gold. She is mesmerized and thinks of the times that she and her friends had down on those shores. She and her sister, Sara, would get to the beach in the early morning and wouldn't return home until the streetlights flickered on. Sara was an avid swimmer in high school, but Jane didn't like the water all that much. She preferred listening to her favorite singer on the radio while taking in the sun.

She had met her husband down on that beach during her senior year. They spent every day there, and he would sometimes visit her at work at night where she was a server at a



seafood restaurant. In the first few months of their relationship, Jane hoped to savor forever her new feelings of love. When the nights began to get shorter and the first sliver of Fall was in the air, Jane was given an engagement ring, which she accepted through happy tears. Getting engaged so soon after they met came as a shocker to some, but not Jane.

Jane comes out of her daydream with a smile and thinks about her husband. He's a soldier far away in a distant nation, but she feels like he's still right beside her. He was awarded the Silver Star for his bravery, and will be returning home for good in a few months. Her heart does soar every time she thinks of his return.

The sun begins to hang a little lower now, casting a burnt orange and purple streamer across the sky. The breeze has started to pick up, so Jane goes inside and puts on a sweater. She decides to stay in for the night and read a little. She gathers a book in her lap and sits on the couch with her legs wrapped in a hand-knit blanket with a wild sunflower design. She opens the book, but cannot concentrate. Each time she begins to read, she finds herself looking out toward the sunset to think about the past, the present, and the future. She laughs to herself and closes the novel. She has decided that her stories are more entertaining tonight.



Fall Into New Challenges

WORKOUT 2

Draw the right side of the leaf to mirror or match the left side.





COOL DOWN

Winter Word Search

In this winter word search, look for four winter themed words: SNOW, PLOW, BLOW & TOW. These will be found multiple times. You may notice other words, but only circle the four indicated. There should be 34 in total.

S	O	S	O	B	O	G	L	G	S	O	W	O	P	W	O	L	P	F	E	R	G
P	N	W	O	L	O	L	B	L	O	W	S	L	L	B	R	O	W	K	L	E	W
L	T	O	E	O	T	W	T	O	O	T	O	N	O	R	F	O	B	O	R	E	D
O	H	B	W	E	F	R	O	W	T	B	W	O	T	E	D	P	L	O	W	P	E
B	R	O	W	K	L	S	O	W	E	P	O	L	O	T	K	N	O	E	F	T	S
O	R	E	O	N	O	T	W	O	B	L	O	W	N	W	P	E	W	K	L	W	R
T	O	W	R	E	W	E	W	L	W	W	P	L	S	L	O	W	E	N	O	L	F
S	W	S	O	P	E	R	O	O	P	S	N	O	W	W	G	L	O	W	W	O	S
N	T	O	T	E	R	W	B	F	O	G	O	W	B	O	F	P	L	E	F	W	
O	W	W	H	T	B	R	O	W	K	L	B	S	N	O	B	L	K	T	R	W	E
T	L	E	R	L	P	L	O	W	S	T	O	P	L	P	R	O	L	P	O	E	R
O	W	P	O	B	R	O	W	K	L	W	N	P	R	W	E	S	W	T	R	W	B
B	L	O	W	O	R	E	O	N	O	L	O	O	B	B	R	O	W	K	L	R	O
O	S	E	R	N	T	K	T	S	B	W	R	W	O	N	S	E	T	R	B	P	W
S	O	G	L	O	W	O	W	T	F	P	O	L	P	B	R	O	P	K	L	L	N
S	V	O	T	W	S	L	O	T	W	O	T	F	L	O	W	E	R	O	S		
L	W	P	N	O	W	O	W	B	O	W	B	V	W	R	S	O	O	W	O	W	T
O	O	S	O	W	B	V	T	O	W	G	P	R	L	B	N	O	W	B	V	O	W
G	N	W	R	G	P	R	B	R	O	W	K	L	W	P	O	T	G	P	R	B	L
O	S	R	P	L	O	W	O	N	S	N	O	R	E	L	W	O	L	B	R	O	W

How many times did you find each word:

SNOW _____

PLOW _____

BLOW _____

TOW _____

