

# Walk & Play

# FIND A STICK!

Use a stick as a wand, a horse, a microphone, or a .....  
Name your stick and make a rhyme or tongue twister using your  
stick's name.

Draw a picture or write letters or a kind note in the snow, mud, or dirt  
with your stick.

Drumsticks! Make some music outdoors on a rock or tree

**What else can you do with your stick?**



## Play Builds Brains!

Reduces Stress | Increases Joy | Builds Strong Relationships



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