



Week Five Bike Activity

Explorations Green
DAY CAMP
Stick figures: one walking, one on a bicycle



Activities

On your journey to Central Park follow StoryWalk along the Train trail. StoryWalk begins at the Collingwood Museum.

At Central Park have fun with animal yoga. Try holding a position for several seconds or whatever feels right.

- Frog on a lily pad
- Rising Cobra
- Cat stretch
- Stork in the water
- Kneeling Camel
- Monkey Walk

