

## GREETINGS

# LEA

### Lea loves to learn and share new things.

They understand that learning and knowledge come from looking at things from all angles and they enjoy seeking out different viewpoints. You might find them at the Library with a stack of books or asking their friends interesting questions or sharing what they have discovered.



## LEARNER

## KEEP ON LEARNING!

STAY CURIOUS AND



## CURIOUS

## YOU CAN DO IT!

### Explore:

Stand up and do jumping jacks while counting to 60. Now stop and place your hand over your heart. Pay attention to how your heartbeat and breathing feels. How long until your breathing and heart rate feel like they did before you exercised?

### Family Discussion:

Our ancestors gifted us their wisdom by passing on advice to our elders. Ask two different people who are older than you for one sentence of advice on living a good life. Now, write down one piece of advice to the elders in your life, and share it with them. Share what you learned with your family.

### Activity:

Take a 5 Senses Walk! Spend at least 15 minutes outside observing the world around you. Write/talk about what you notice. What do you see? Smell? Hear? Taste? Feel?

### Pay It Forward!

Take something you know how to do and share it with someone who's interested! It could be showing someone how to tie a shoe, sharing a funny joke, coaching how to dribble a basketball, teaching the drawing of superheroes, anything.

### Did you know?

The African-American scientist and inventor George Washington Carver is one of the founders of modern organic farming in the United States! Carver was also a talented pianist and painter. What would you like to invent?

## READ ME:



**Wonder Walkers**  
by Micha Archer

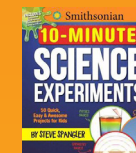


**Conduct a Science Experiment!**  
by Der-shing Helmer, illustrated by Andrea Bell



**The Oldest Student: How Mary Walker Learned to Read**

by Rita L. Hubbard,  
illustrated by Oge Mora



**Smithsonian 10-Minute Science Experiments**

by Steve Spangler



**Olga and the Smelly Thing from Nowhere**  
by Elise Gravel

