A SKIP, A HOP, AND A JUMP TO A HEALTHY ME!

A SUNSHINE CITY PARK ADVENTURE
The St. Petersburg Parks & Recreation Department and Healthy St. Pete are excited to team up to bring you a healthy fitness adventure designed for kids. This adventure explores animals you may see or activities you might to do at a City of St. Petersburg park or preserve.

Grab your coloring pencils, markers, or crayons and make the pages come to life as you actively explore the Sunshine City’s hidden gems from the comfort of your home or wherever you may be.

But, to really enjoy this adventure, you’re going to need to do exactly what the book says.

Are you ready? Let’s go!
Our first stop at the park is... 

...the sign! Before we start our adventure, we have to put our hands over our head and reach really high to the sky. Reach as high as you can go!
Before we can go on the trail we have to...

...shake our legs from side to side
Now, we’re ready to...

...skip the trails. But, there’s a twist! We have to...
skip through the hopscotch course.

Great job! Next, we’re going to...
...hop like a rabbit to the boardwalk. Can you hop like a rabbit? Let’s try!
You’re doing great! Your hopping helped us make it to the boardwalk. To get to the next stop we have to...
...jump by our alligator friends.
Are you ready? Let’s go!
Now it’s time to...

...skip through the field of wildflowers. Make sure not to step on any.
Last but not least, our adventure ends with three big hops and a... 

...loud squawk by our pelican friend and...
You did a great job! You skipped, hopped, and jumped to a healthy you.

...one big jump to the sign.
We hope to see you again soon!

st. petersburg parks & recreation

www.stpeteparksrec.org