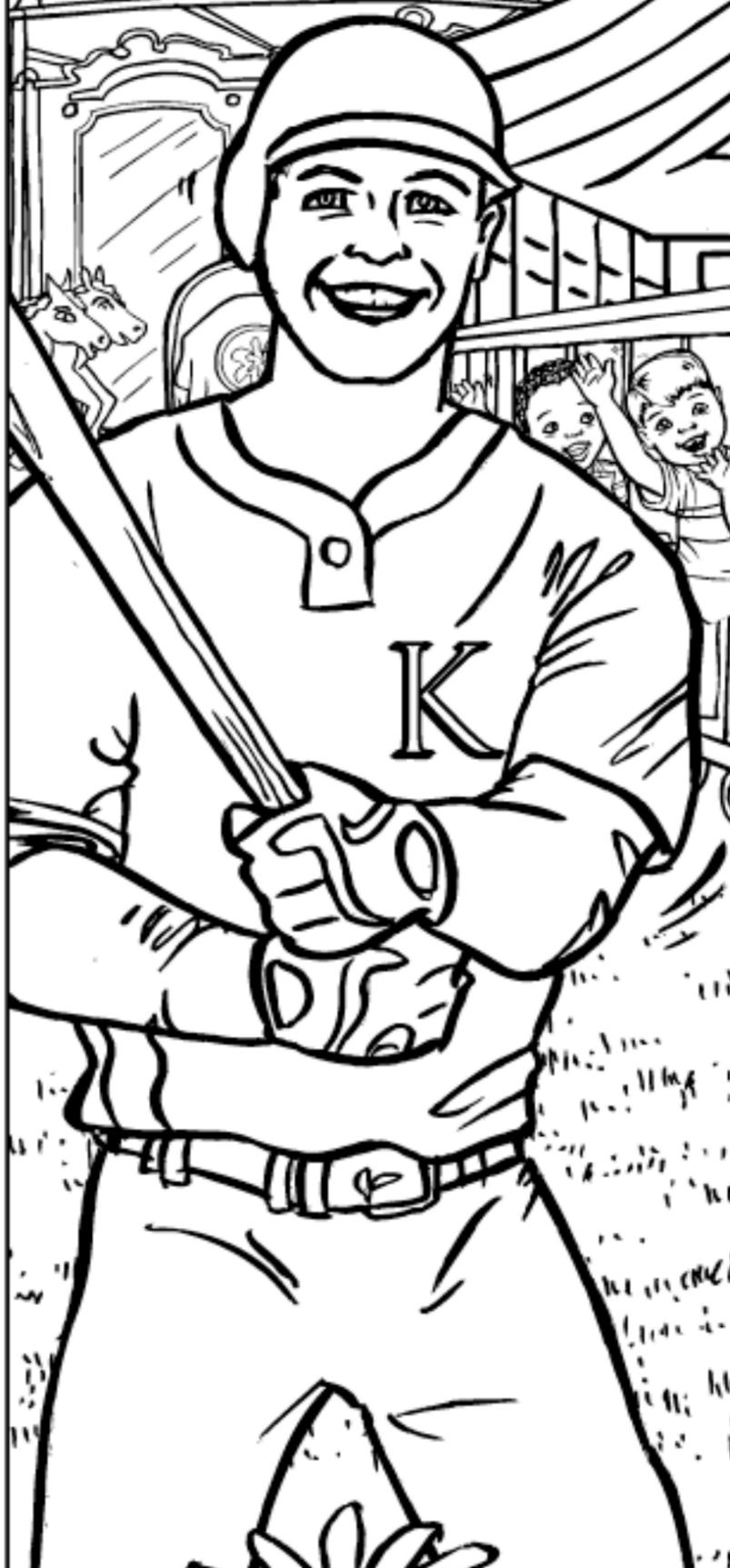


# Discover A Healthy Life

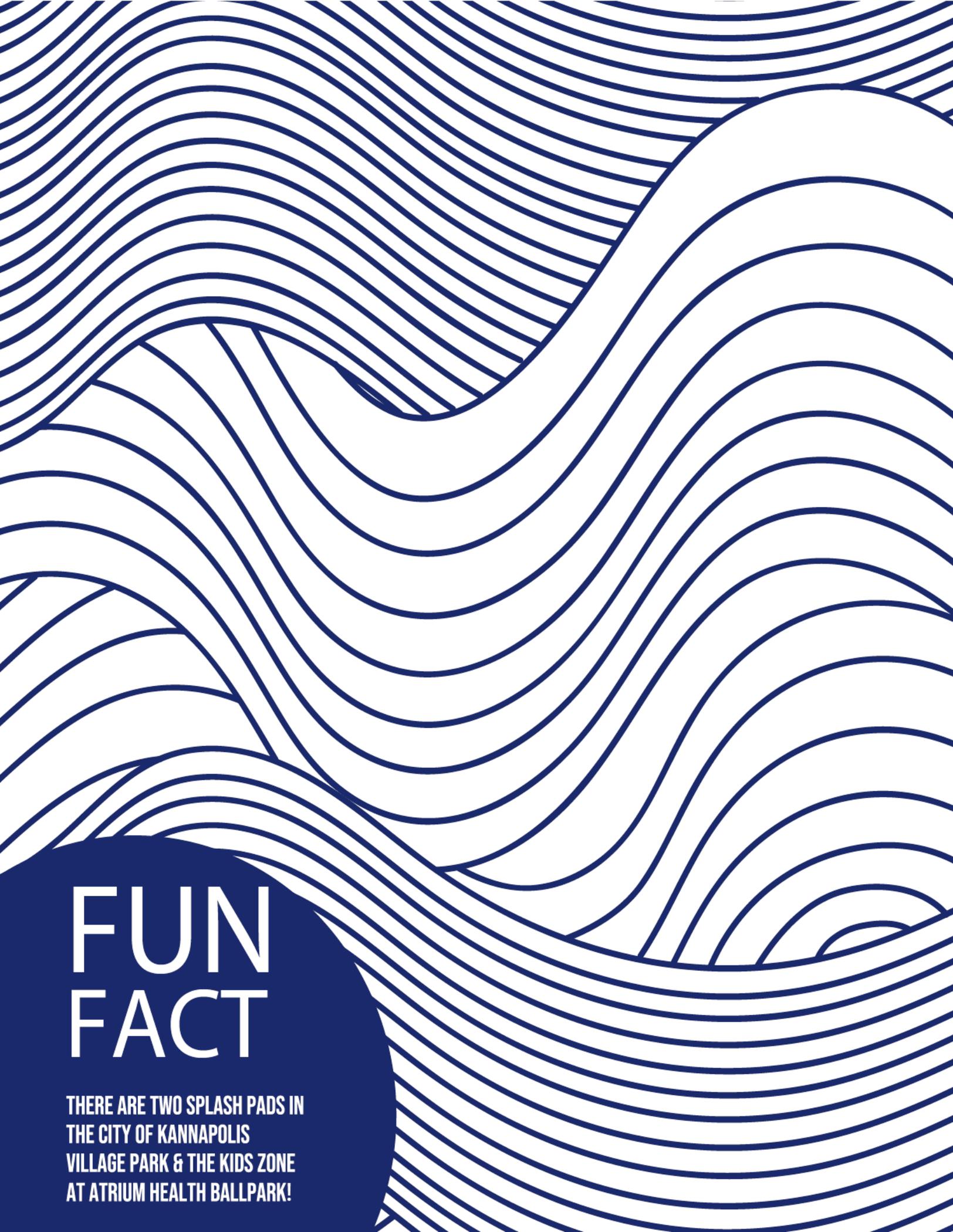




FIND A LEAF OUTSIDE  
AND DRAW IT HERE!







# FUN FACT

THERE ARE TWO SPLASH PADS IN  
THE CITY OF KANNAPOLIS  
VILLAGE PARK & THE KIDS ZONE  
AT ATRIUM HEALTH BALLPARK!

A graphic design featuring the text "MAKE A SPLASH!" in a bold, bubbly, blue font. The text is set against a background of white space with blue outlines of wavy, stylized waves. The overall style is clean and modern, suitable for a children's book or a splash-themed poster.

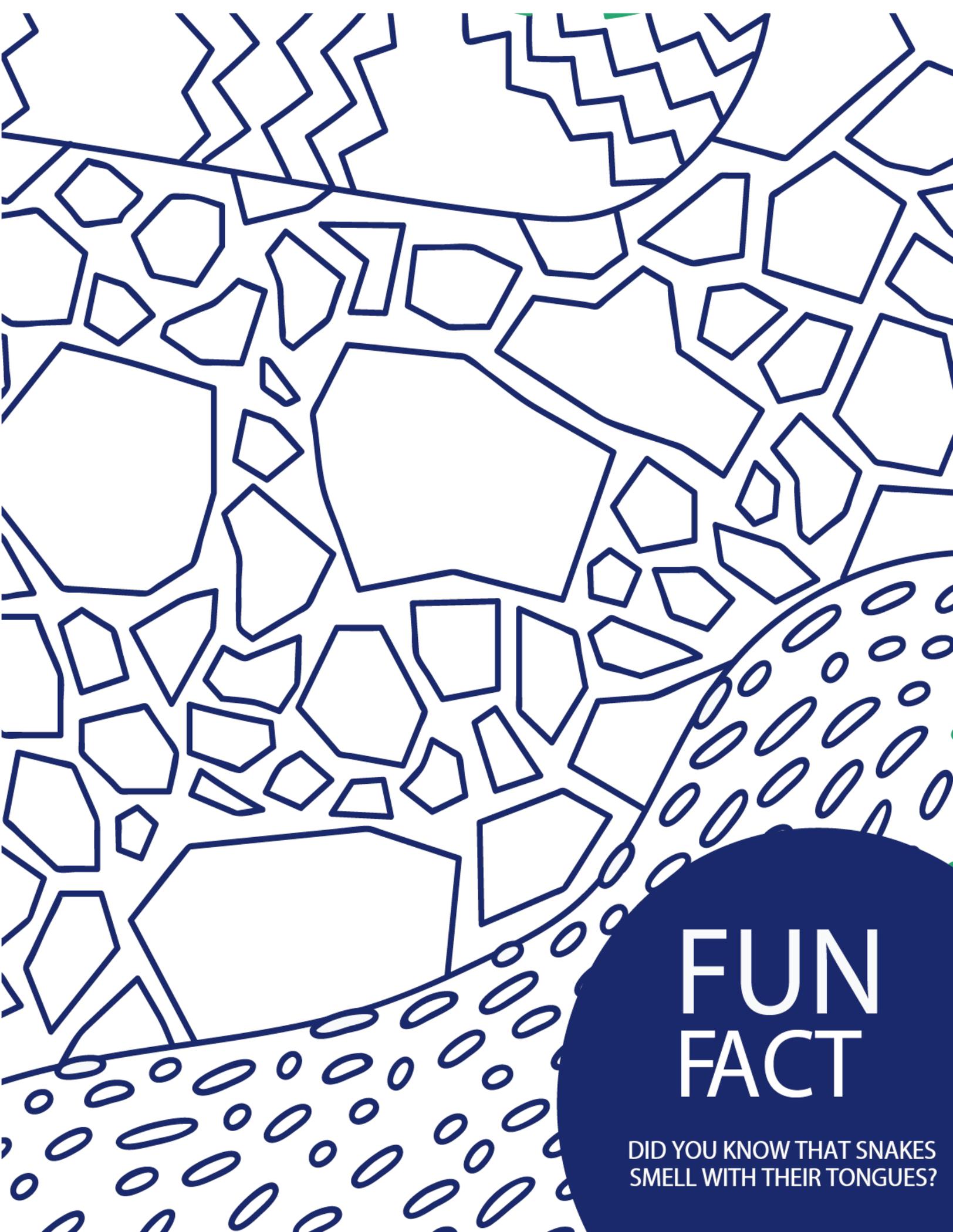
**MAKE A  
SPLASH!**



TAKE A  
WALK

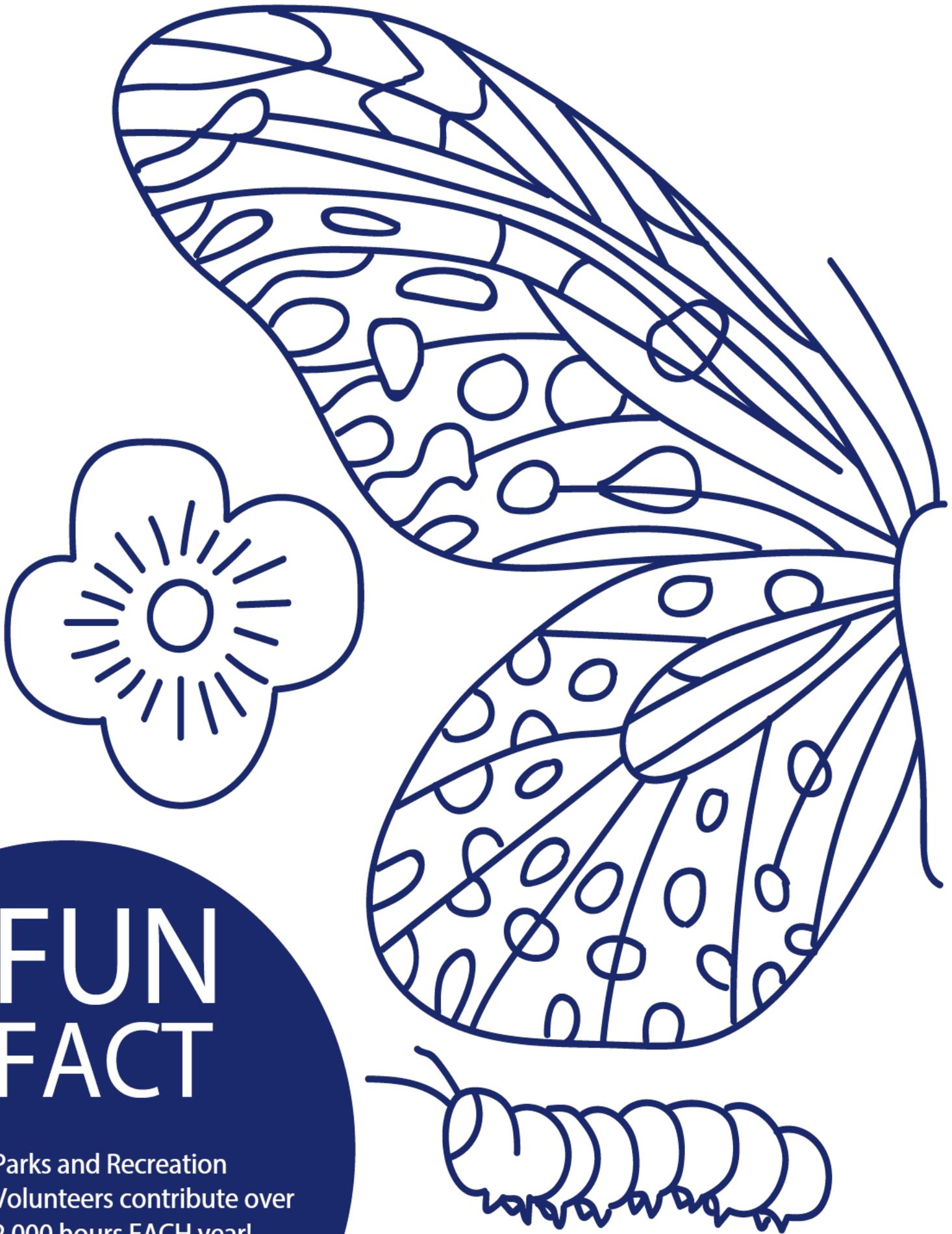
ON THE  
Wild  
Side





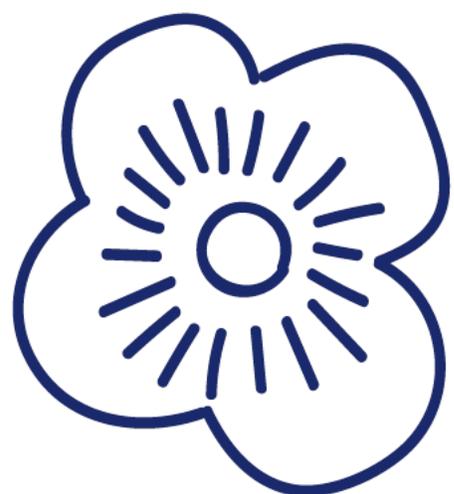
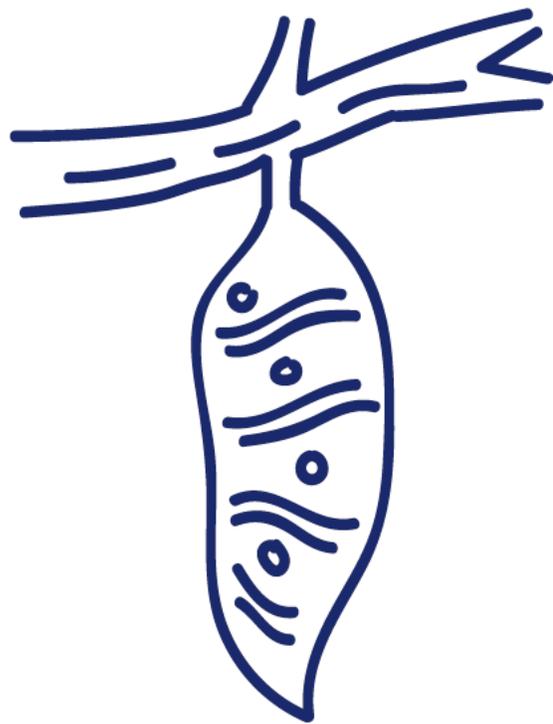
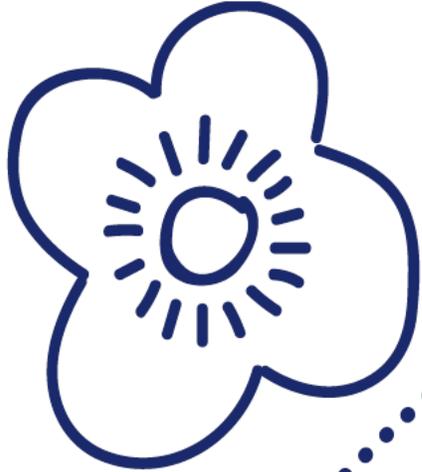
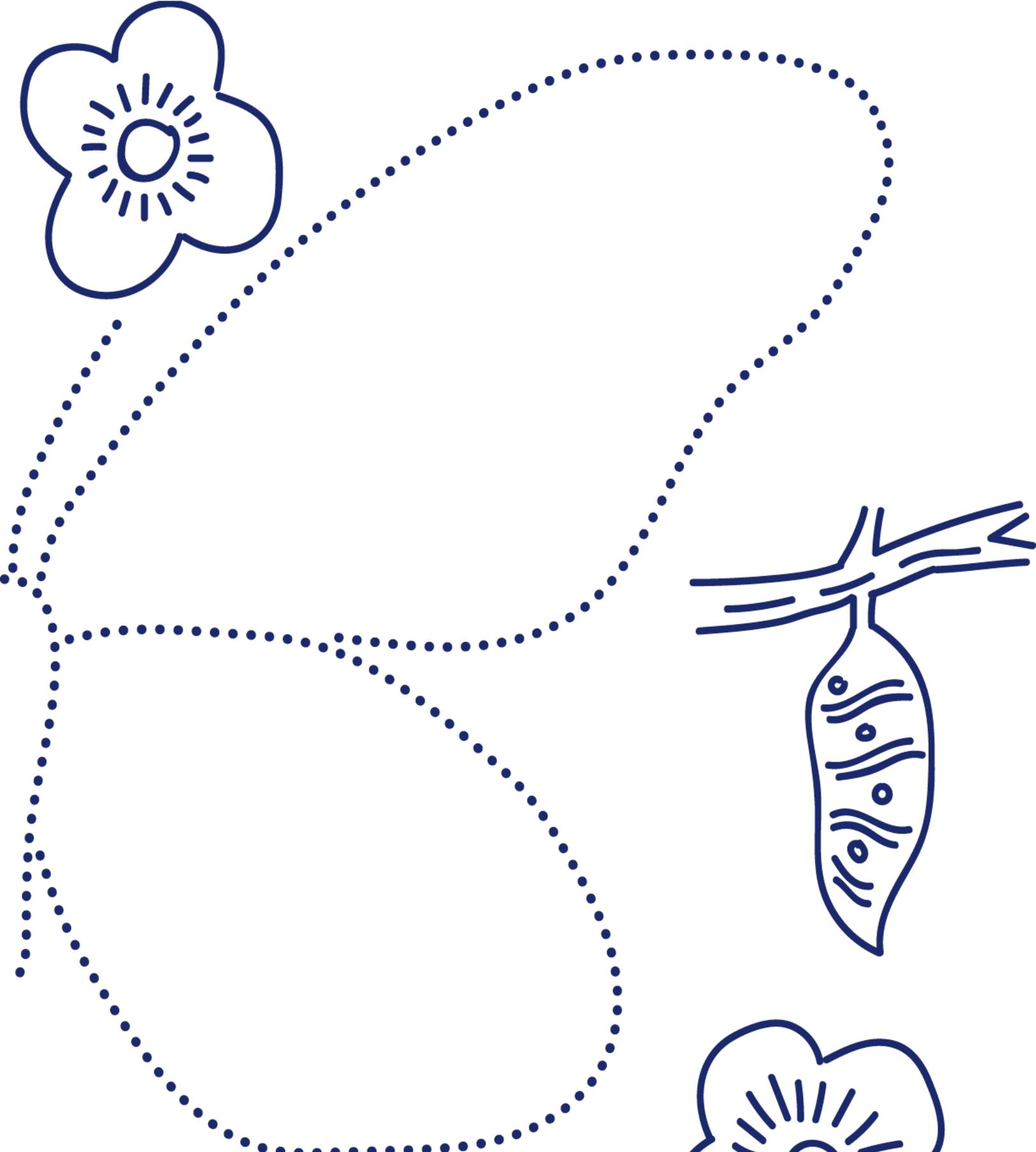
# FUN FACT

DID YOU KNOW THAT SNAKES  
SMELL WITH THEIR TONGUES?



# FUN FACT

Parks and Recreation  
Volunteers contribute over  
2,000 hours EACH year!



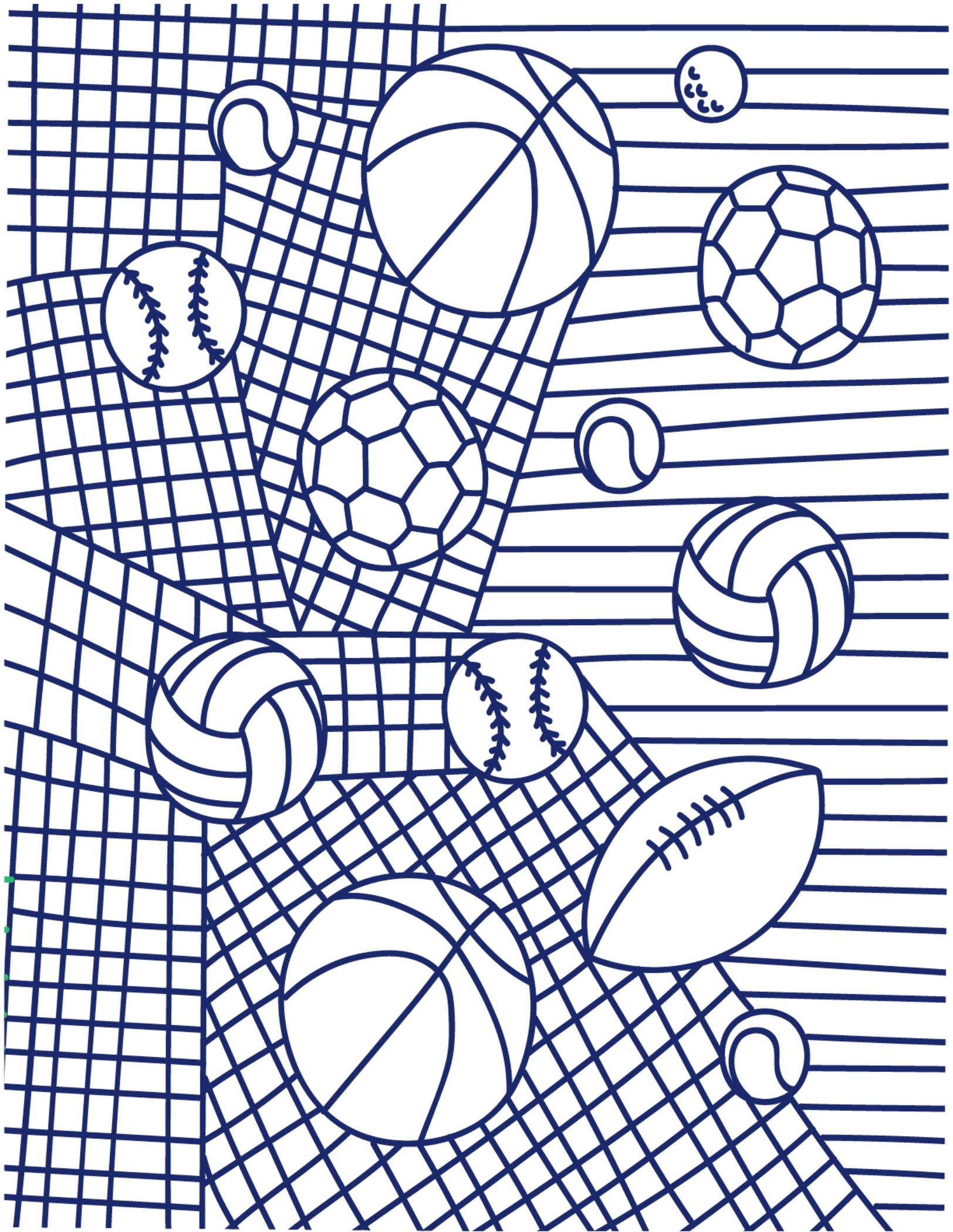
DRAW THE OTHER HALF  
OF THE BUTTERFLY!



BE  
AWE-  
SOME.

**FUN  
FACT**

KANNAPOLIS PARKS & RECREATION  
OFFERS MOBILE REC SITES EACH SUMMER  
IN COOPERATION WITH KANNAPOLIS  
CITY SCHOOLS FEEDING PROGRAM SITES.



t e n n i s s w i m m i n g  
n a t u r e u f i t n e s s  
o s p l a y g r o u n d p g  
b w t r v l w b o c c e o o  
s i t h e a t r e s i m i l  
e s a t h l e t i c s a n f  
r h a r c h e r y t b p t p  
v g c b r t r e e s m x q a  
a o e o o h s t a r s h t d  
t a r x q v q p z m b o t d  
o l o i u r e c y c l e e l  
r e v n e m a g n o l i a e  
y h m g t a i r g u n r m x  
d i s c g o l f d e u c e t  
v o l l e y b a l l b y v a  
m r e c r e a t i o n e t i  
b a s k e t b a l l v s s m  
s c o r e a t f i s h i n g  
l e s h u f f l e b o a r d

# word search

tennis

golf

recreation

athletics

ace

score

point

deuce

aim

boxing

archery

croquet

bocce

air gun

fitness

disc golf

volleyball

swimming

goal

swish

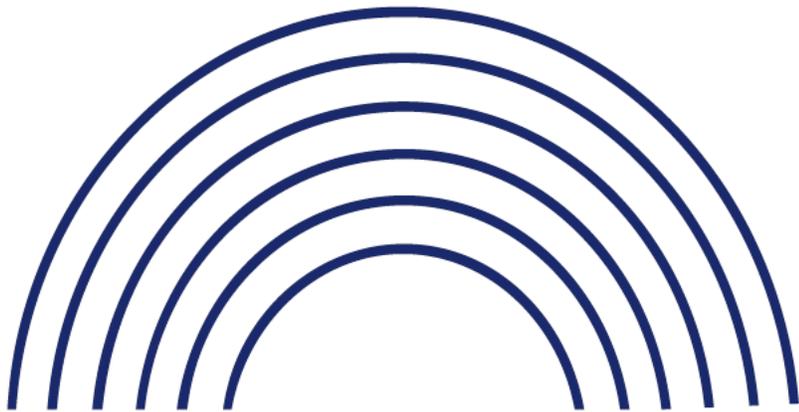
fishing

playground





YOU CAN  
LEARN  
SOMETHING FROM  
EVERYONE

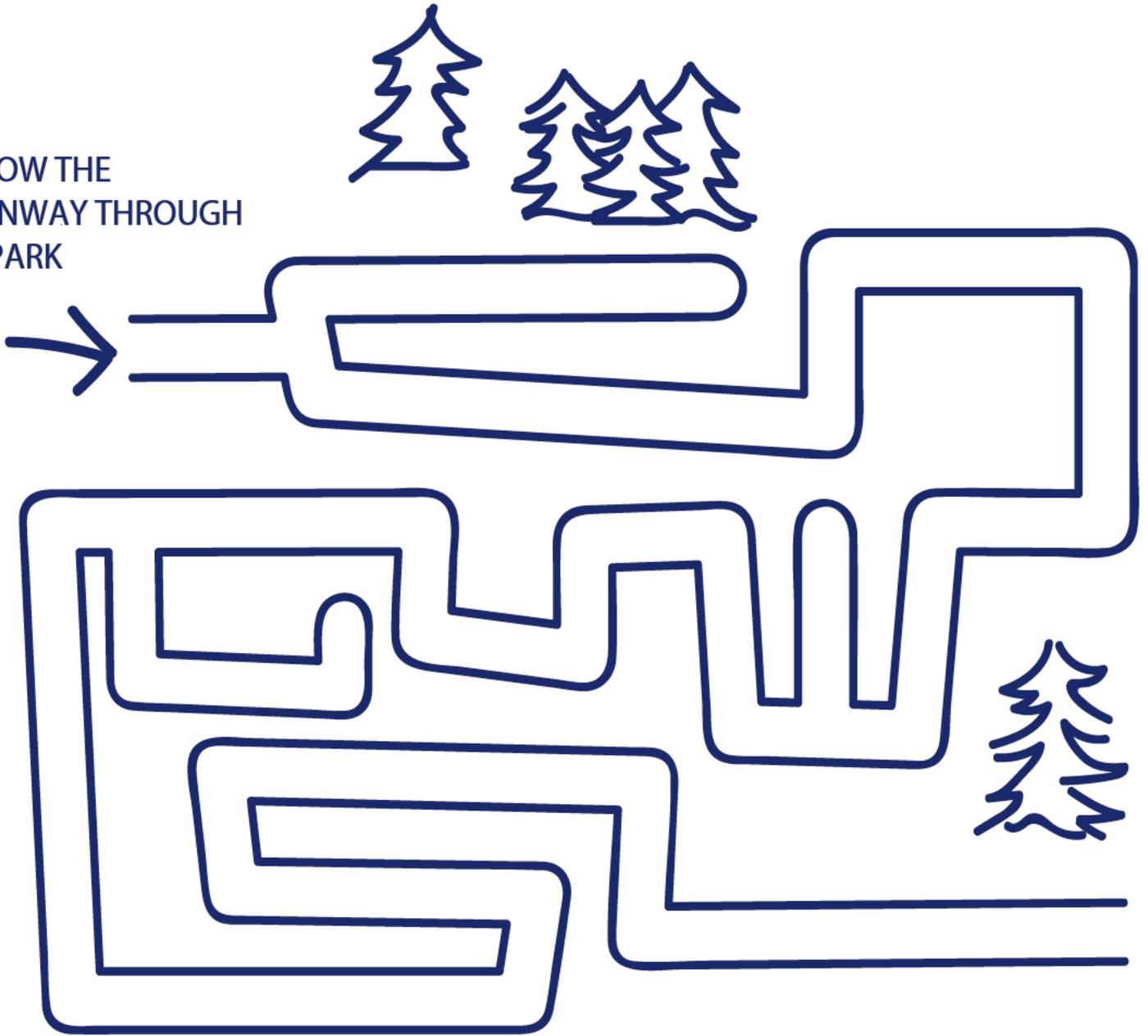




# FUN FACT

DID YOU KNOW THAT ALL  
OF OUR PROGRAMS  
ARE INCLUSIVE?

FOLLOW THE  
GREENWAY THROUGH  
THE PARK



# FUN FACT

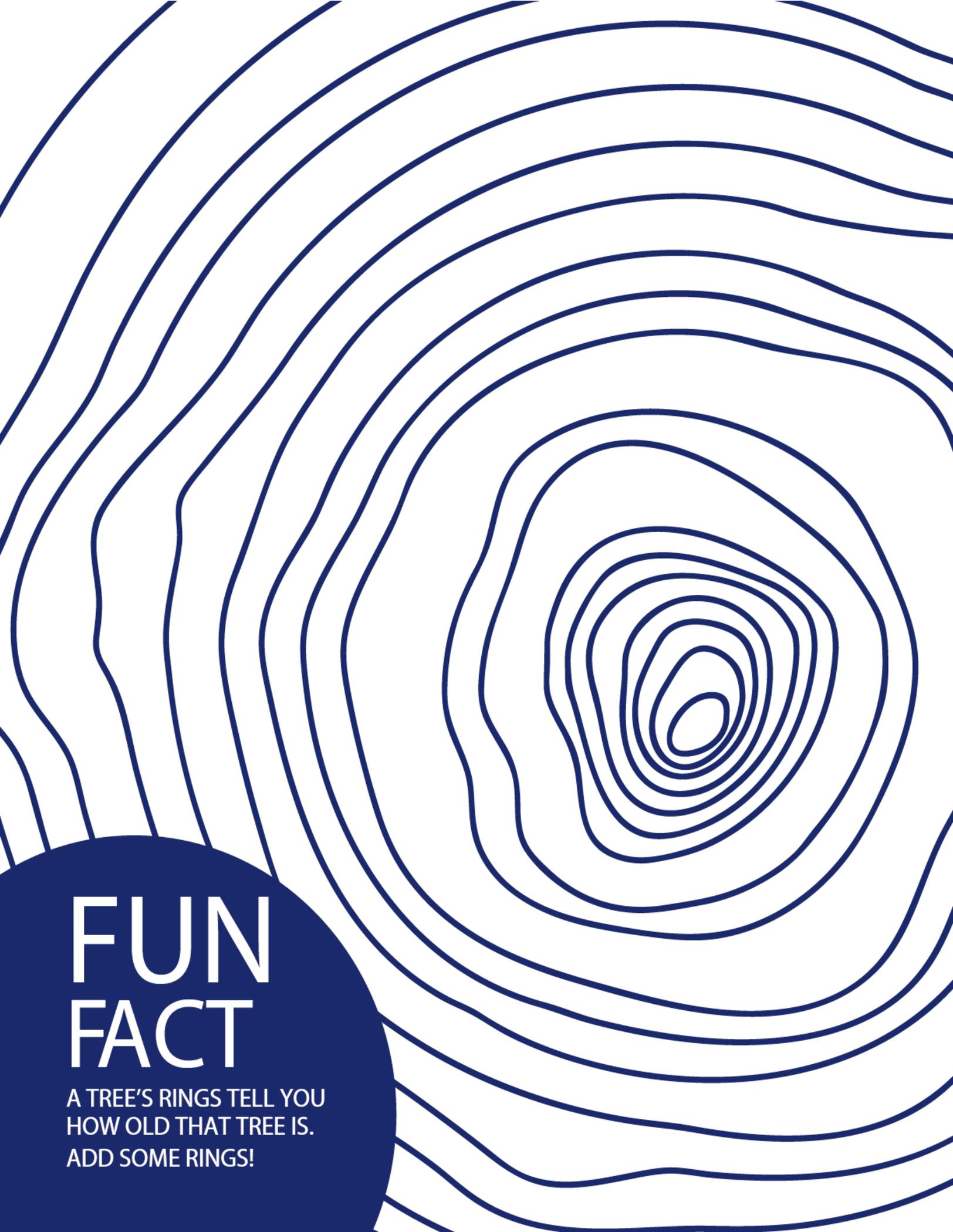
KANNAPOLIS HAS FOUR  
GREENWAYS FOR YOU TO  
EXPLORE!



MAKE  
TODAY

AN  
*adventure*



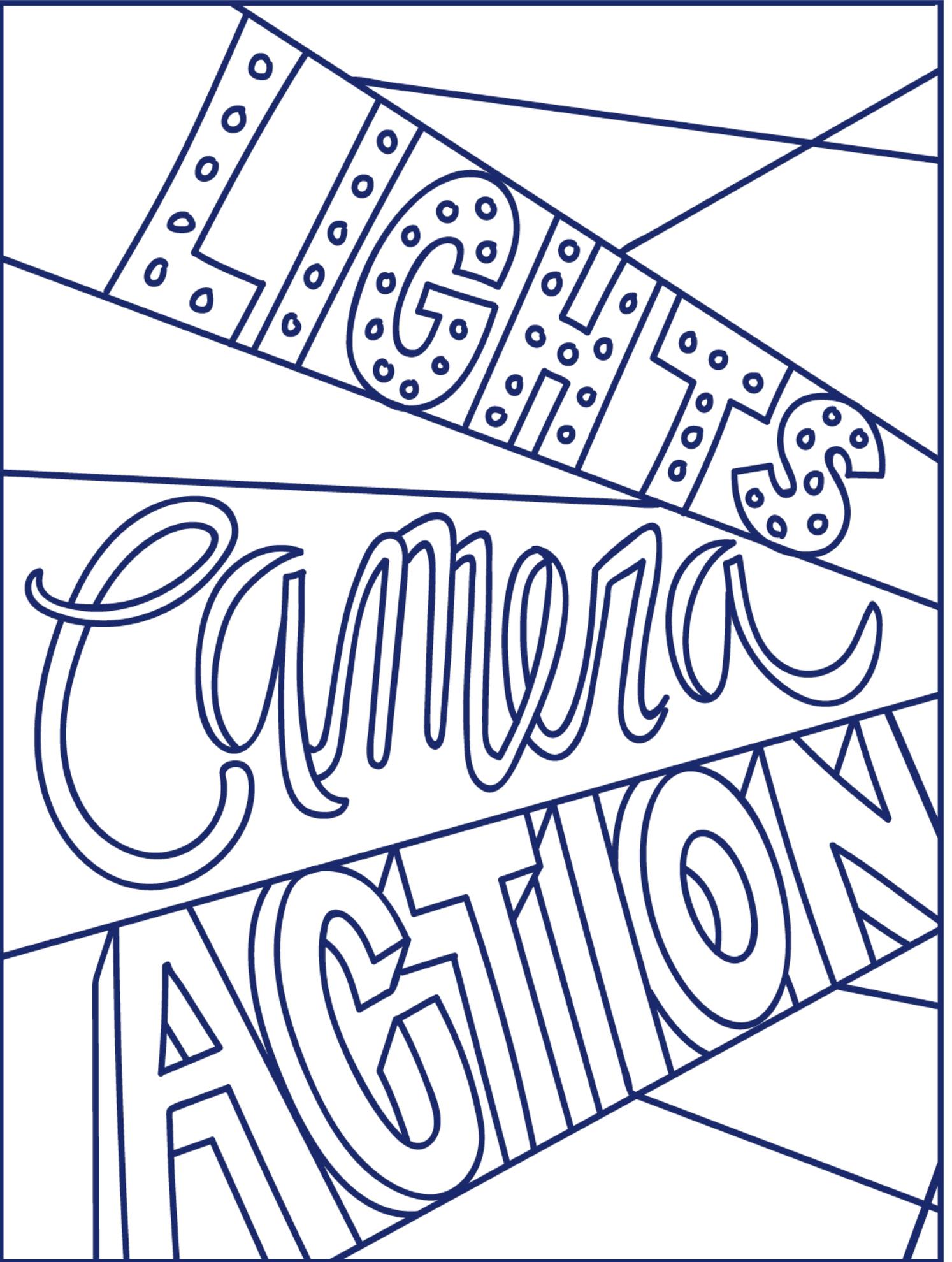


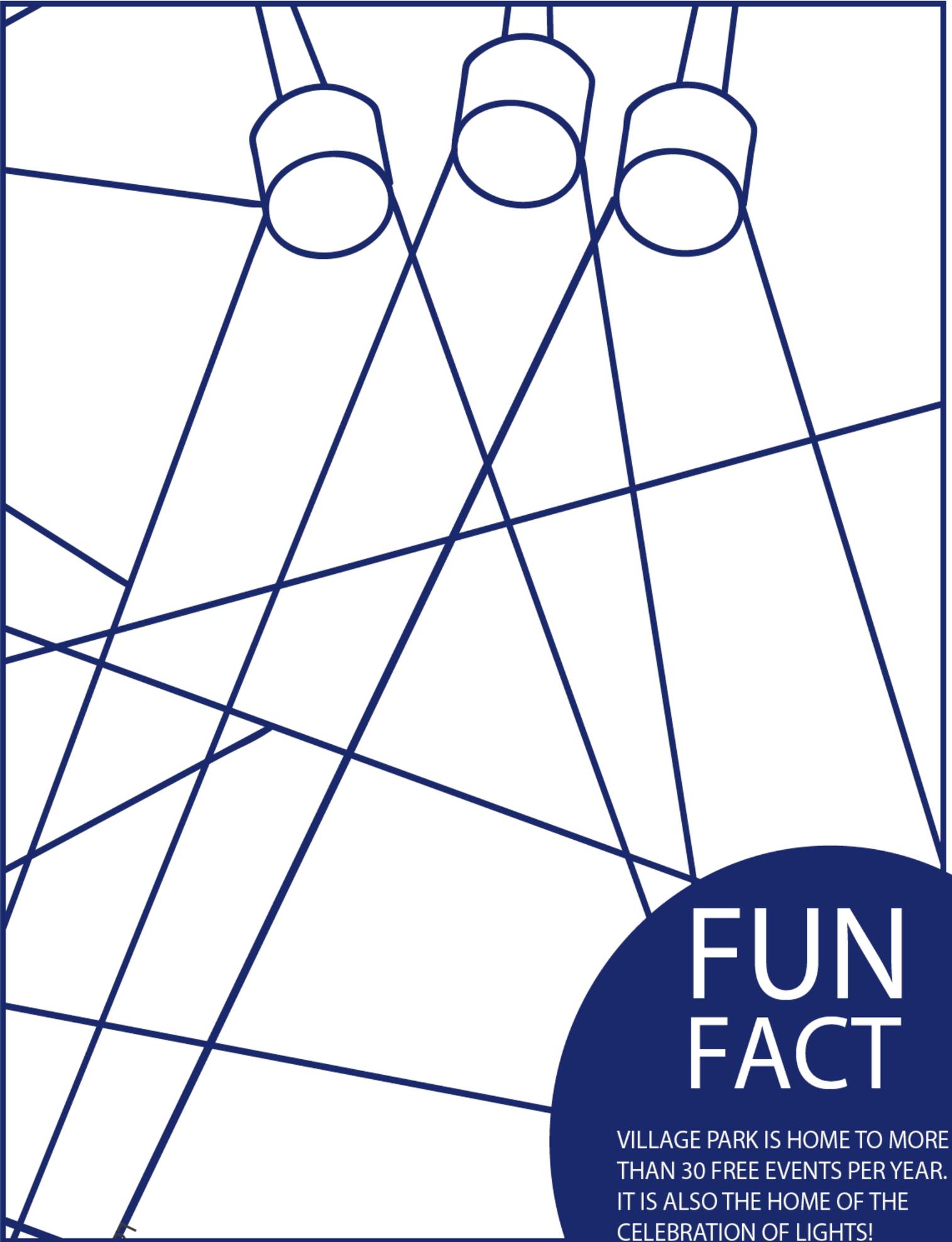
# FUN FACT

A TREE'S RINGS TELL YOU  
HOW OLD THAT TREE IS.  
ADD SOME RINGS!



LIVE  
IN  
WONDER

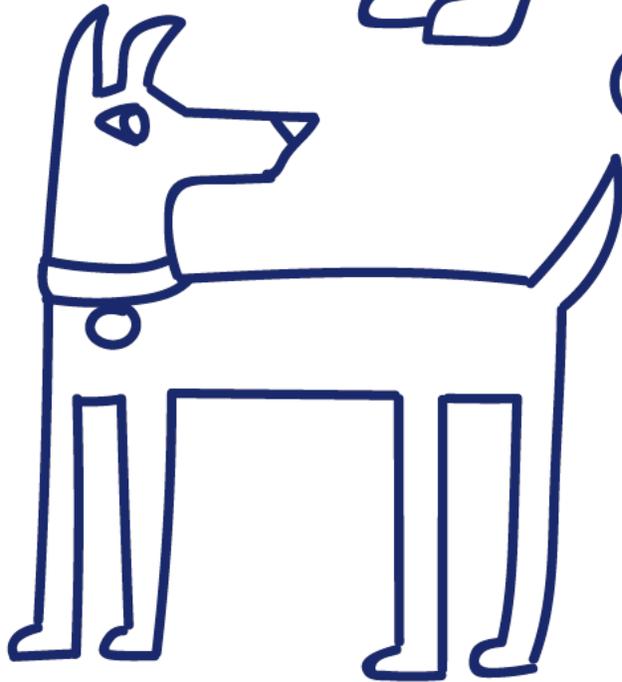
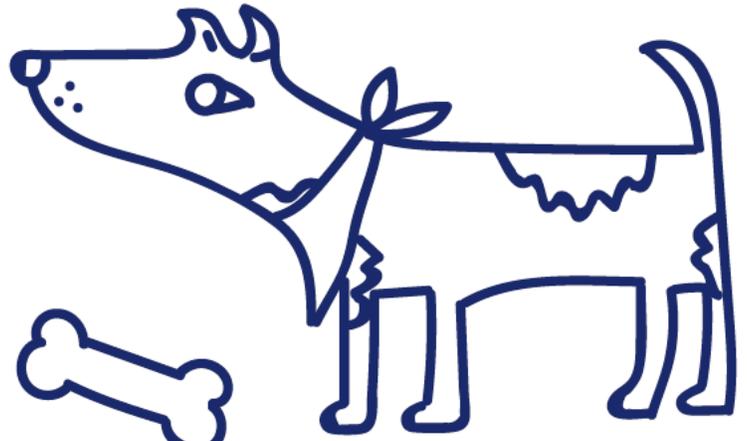


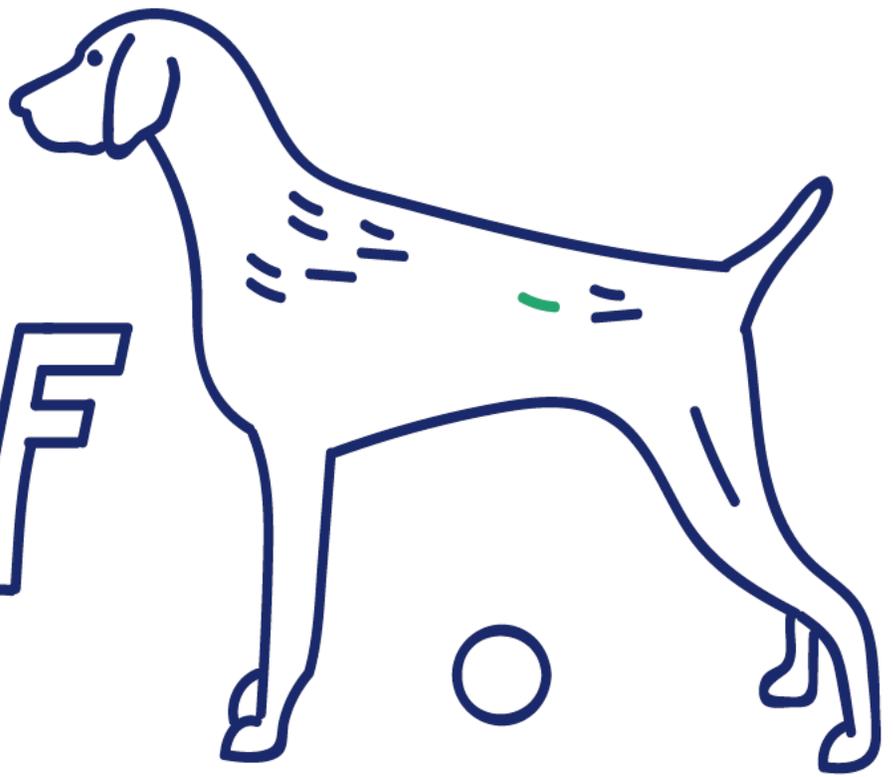
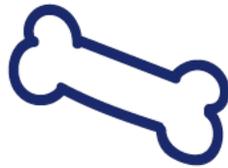


# FUN FACT

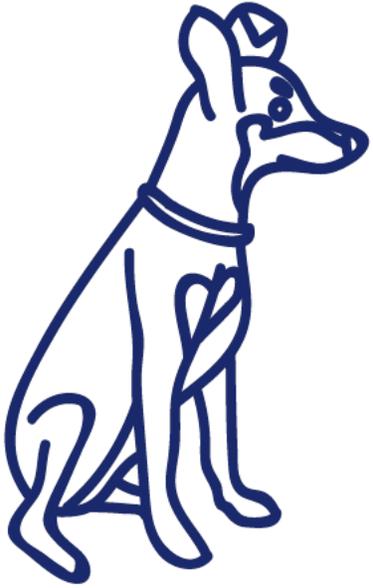
VILLAGE PARK IS HOME TO MORE THAN 30 FREE EVENTS PER YEAR. IT IS ALSO THE HOME OF THE CELEBRATION OF LIGHTS!

WOOF

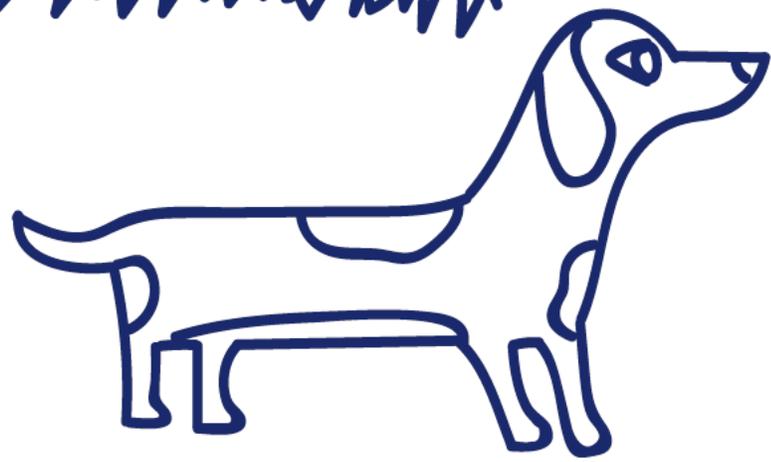




WOOF



Woof WOOF

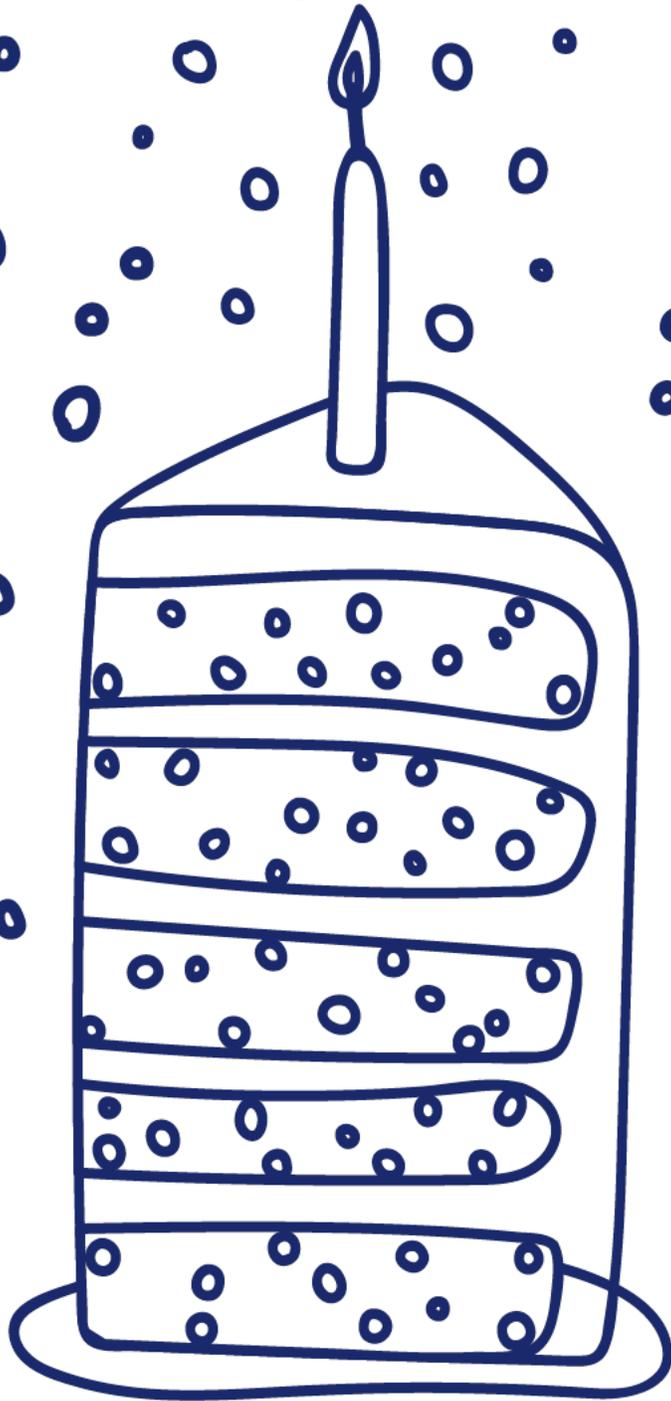


FUN  
FACT

PUPPY STEPS COUNT IN  
LOOP THE LOOP. PEOPLE AND  
PETS CAN WIN AWESOME  
PRIZES FOR STAYING HEALTHY

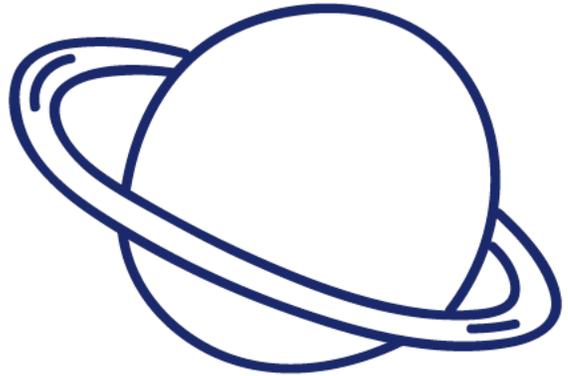
LET'S  
PARTY





# FUN FACT

DID YOU KNOW YOU CAN  
RENT A PARKS AND  
RECREATION FACILITY FOR  
YOUR BIRTHDAY PARTY?



1



2



3



4



8



7



CONNECT THE DOTS TO  
MAKE THE BIG DIPPER!



5



6

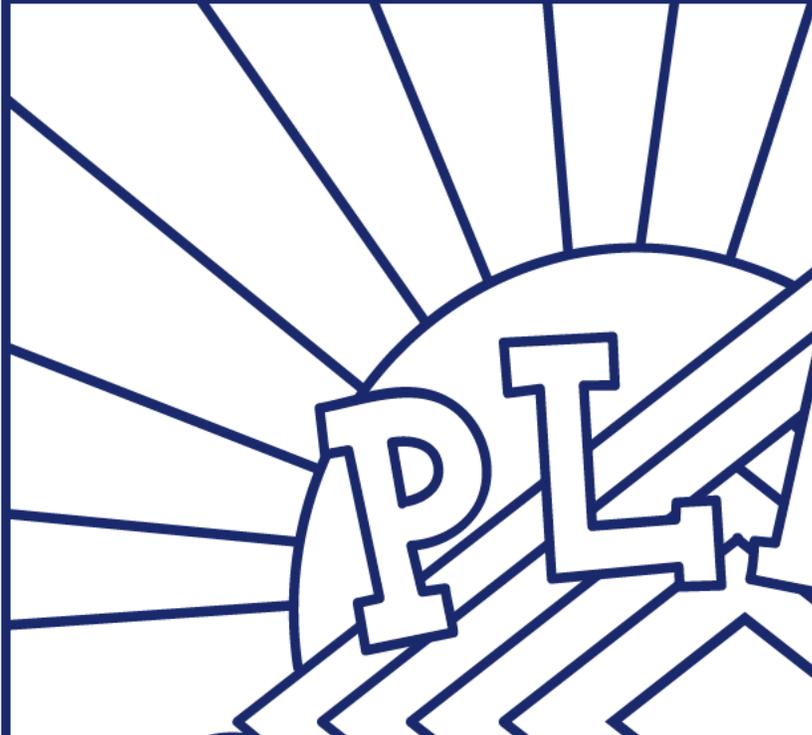


SHOOT



FOR THE

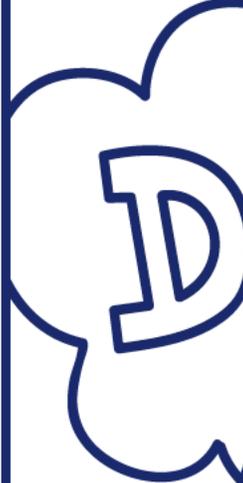
MOON



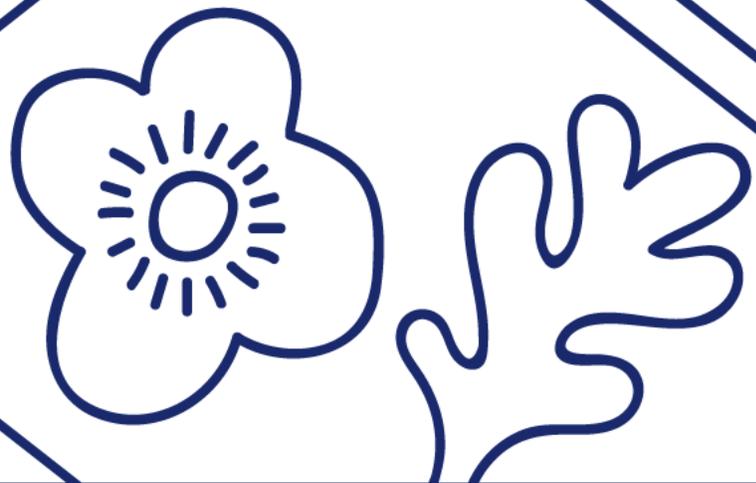
PLAY



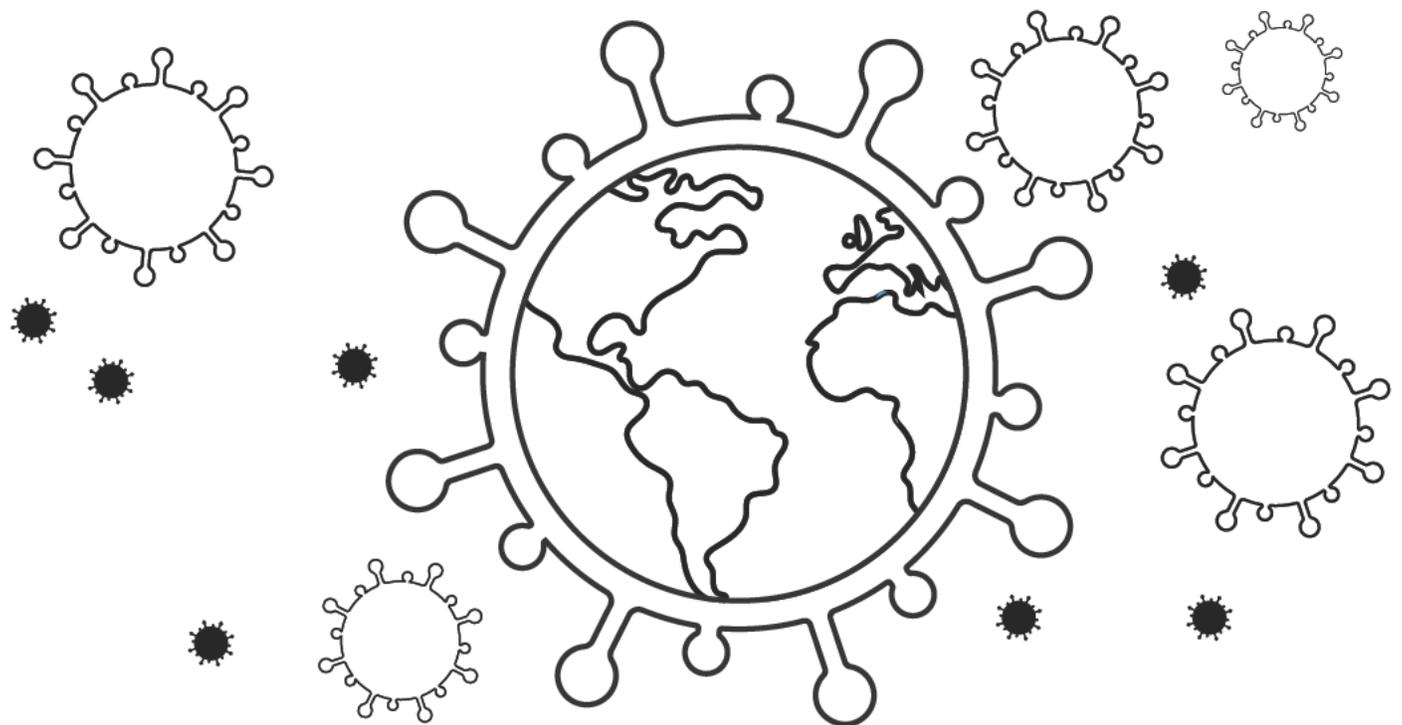
DISCOVER



GROW



# MY 2020 COVID-19 TIME CAPSULE

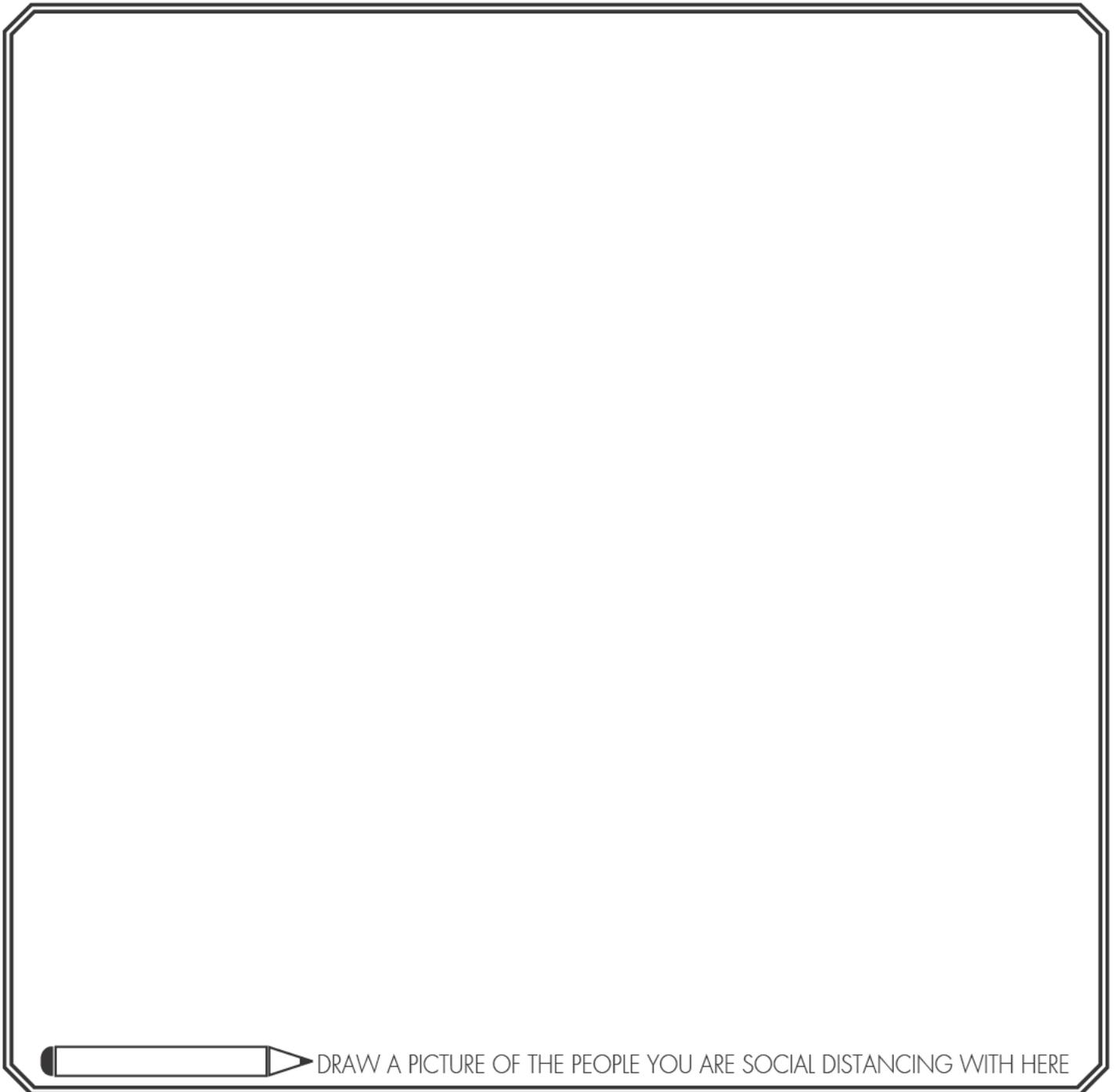


BY: \_\_\_\_\_

# YOU ARE LIVING THROUGH HISTORY RIGHT NOW

TAKE A MOMENT TO FILL IN THESE PAGES FOR YOUR FUTURE SELF TO LOOK BACK ON. AND HERE ARE SOME OTHER IDEAS OF THINGS TO INCLUDE:

- SOME PHOTOS FROM THIS TIME
- ANY ART WORK YOU CREATED
- A JOURNAL OF YOUR DAYS
- FAMILY / PET PICTURES
- LOCAL NEWSPAPER PAGES OR CLIPPING
- SPECIAL MEMORIES



 DRAW A PICTURE OF THE PEOPLE YOU ARE SOCIAL DISTANCING WITH HERE

# ♥♥ ALL ABOUT ME ♥♥

I AM  
\_\_\_\_\_  
YEARS  
OLD

I STAND  
\_\_\_\_\_  
INCHES  
TALL

I WEIGH  
\_\_\_\_\_  
POUNDS

SHOE SIZE  
\_\_\_\_\_

MY FAVOURITES

TOY: \_\_\_\_\_

COLOUR: \_\_\_\_\_

ANIMAL: \_\_\_\_\_

FOOD: \_\_\_\_\_

SHOW: \_\_\_\_\_

MOVIE: \_\_\_\_\_

BOOK: \_\_\_\_\_

ACTIVITY: \_\_\_\_\_

PLACE: \_\_\_\_\_

SONG: \_\_\_\_\_

MY BEST FRIEND/S:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

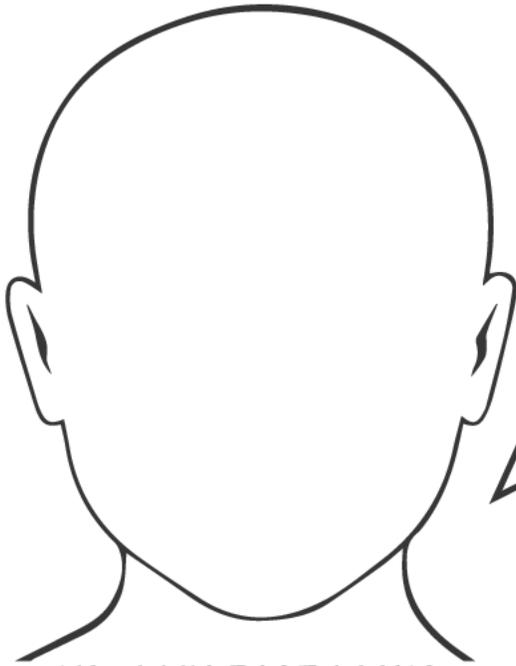
WHEN I GROW UP I WANT TO BE:

\_\_\_\_\_

\_\_\_\_\_

DATE: \_\_\_\_\_

# HOW I'M FEELING



HOW MY FACE LOOKS



WORDS TO DESCRIBE HOW I FEEL:

WHAT I HAVE LEARNT MOST FROM THIS EXPERIENCE:

I AM MOST THANKFUL FOR

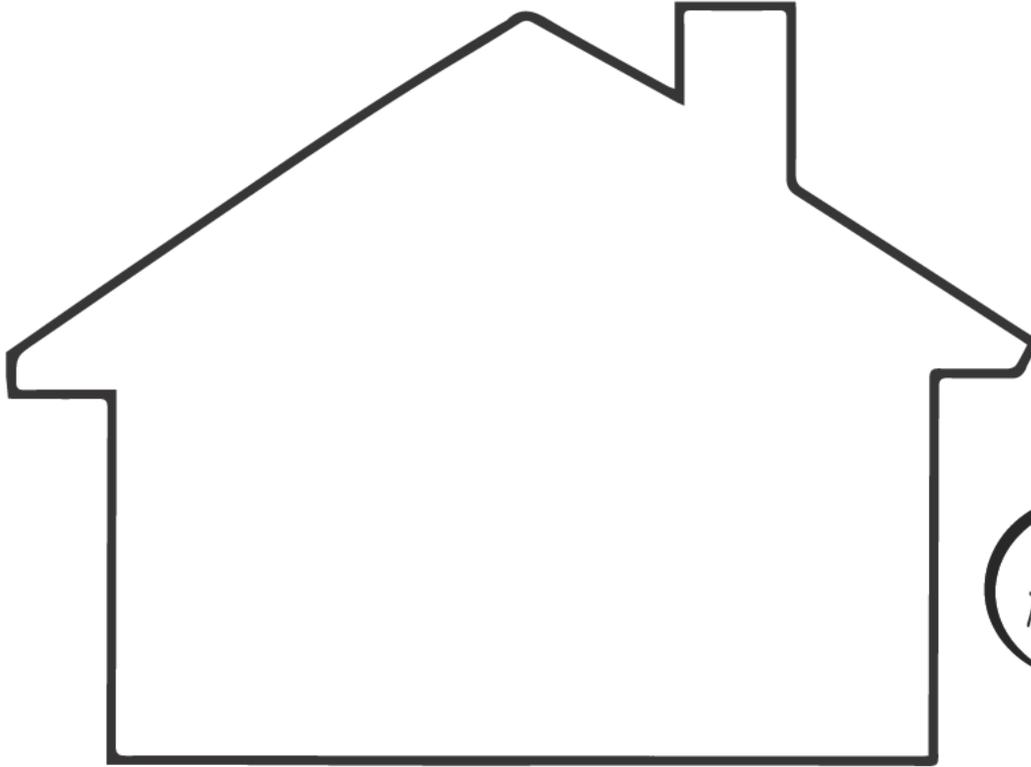
THE 3 THINGS I AM MOST EXCITED TO DO WHEN THIS IS OVER:

1

2

3

# MY COMMUNITY



COLOUR THIS HOUSE  
TO LOOK LIKE YOURS

WHERE I AM LIVING DURING THIS TIME:



WHAT THINGS ARE YOU DOING TO HELP FEEL CONNECTED/HAVE FUN  
OUTSIDE (e.g hearts in windows, chalk notes on sidewalk, etc)

---

---

---

---

---

HOW ARE YOU CONNECTING WITH OTHERS?



YOU ARE NOT STUCK AT HOME,  
YOU ARE SAFE AT HOME!



WHAT I AM DOING TO  
KEEP BUSY AT HOME:

# OUR HANDPRINTS



PRINT THE HANDS OF ALL THE PEOPLE LIVING IN YOUR HOME  
(IN DIFFERENT COLOURS) AND PLACE YOUR HANDS HERE



# SPECIAL OCCASIONS

WHAT OCCASIONS DID YOU CELEBRATE DURING THIS TIME?  
WRITE THE LIST DOWN HERE AND WHAT YOU DID TO CELEBRATE  
(E.G. ST. PATRICK'S DAY, EASTER, BIRTHDAYS, ANNIVERSARIES)

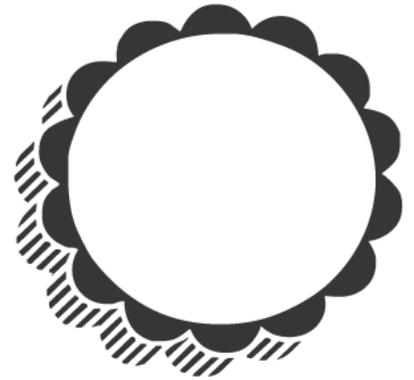
EVENT	DATE	HOW YOU CELEBRATED



# INTERVIEW YOUR PARENTS

WHAT HAS BEEN THE BIGGEST CHANGE?

HOW ARE YOU FINDING HOMESCHOOLING?



DAYS SPENT INSIDE

HOW ARE YOU FEELING?

YOUR TOP 3 MOMENTS FROM THIS EXPERIENCE:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

WHAT ACTIVITIES/HOBBIES HAVE YOU MOST ENJOYED DOING?

WHAT ARE YOU MOST THANKFUL FOR?

WHAT TV SHOW YOU WATCHED : \_\_\_\_\_

GOAL/S FOR AFTER THIS:

YOUR NEW FOUND FAVOURITE INSIDE FAMILY ACTIVITY:

FAVOURITE FOOD TO BAKE: \_\_\_\_\_

FOVOURITE TIME OF DAY: \_\_\_\_\_





THE KANNAPOLIS PARKS AND RECREATION DEPARTMENT STRIVES TO EXCEED CITIZENS' EXPECTATIONS BY OFFERING THE HIGHEST QUALITY PARK FACILITIES, A WIDE VARIETY OF PROGRAMMING AND EXCELLENCE IN OUR INTERACTIONS WITH USERS.

COVID-19 COLORING - APRIL 2020  
ADAPTED FROM BREC PARK COMMISSION AND LONG CREATIONS

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