



# Saturday Morning ADVENTURES

Awesome Things to Do with Your Family

Like to sleep in and snooze Saturday mornings? These family activities are so much fun, you'll jump right out of bed as soon as the sun comes up. Share this list with your family and decide together which Saturday morning adventure you'll try this week.

## PUDDLE JUMPING

Splish, splash! If the weather forecast shows showers on the way, break out your rain gear! Once morning comes, head outside with your whole family to run through the puddles and make a big splash.



## CREATE A PRETEND DINER

Turn your kitchen into a mini restaurant. Make place mats and menus, fold napkins, set the table, take orders and help parents whip up favorite healthy breakfast foods.



## HEAD INTO TOWN

Exploring your town or city can be super fun on a Saturday morning. You'll see a whole different view of your city by cycling around or riding a bus.



## BE A HELPER

Helping others with their Saturday chores will make them happy and can also be a lot of fun! If the car needs to be washed, you can suds up and rinse the car. Yard or garden work means you get to play in the leaves, dig a hole and many other fun things.



## PLAN A TREASURE HUNT

Ahoy, matey—it's time to gather some pirate's booty and small prizes! Ask parents to hide the treasures on a Saturday morning, then have fun setting sail to find your fortune.



## VISIT LOCAL HEROES

Ask parents to arrange an early-morning tour of a local fire or police station. You may get to see squad cars and fire trucks and have a chance to say hi to the police and firefighters who protect you.