



26.2 Krazy Kool Things to Do This Summer

- 1. You've run a Marathon! Now challenge 2 friends to run 2 times a week with you over the summer!
- 2. Why is TX the Lone Star State? Take a walk around the Capitol Building and find out!
- 3. Row, row, row a kayak! Rent a canoe or kayak with your parents @ Town Lake.
- 4. Fish for free at Texas State Parks / McKinney Falls. Think you can hook a 5 pound bass?
- 5. Be GREEN: Organize your friends & neighbors to help clean up trash in your neighborhood!
- 6. Splash Party Movie nights. Deep Eddy Pool. Saturdays June 25th-August 6th.
- 7. See how many NEW fruits & veggies you can try at your local grocery store or farmer's market.
- 8. Buy some lemons at your local Farmer's Market or grocery store and make a lemonade stand.
- 9. Put away the video games, go outside and breathe the fresh air. Do 50 jumping jacks.
- 10. Take a dip in Barton Springs Pool, or your local community pool. How many laps can you do?
- 11. Play hopscotch with your friends. Not sure how? Ask Mom or Dad, they know everything!
- 12. Meet "Groucho" the turkey vulture at Austin Science and Nature Center.
- 13. Parents can apply for summer camp scholarship to Nature Center: <http://www.ci.austin.tx.us/ansc/>
- 14. Take Pop to see "Footloose" at Zilker Theater for Father's Day, June 19th. 2206 Barton Drive.
- 15. Dig for fossils at the Dino Pit at Austin Nature & Science Center.
- 16. Visit your closest library. Learn about their FREE reading programs. Check out a book on running!
- 17. Count the bats as they fly out of Congress Street Bridge. Where do they go at night?
- 18. Windy out? Fly a kite at Zilker Park.
- 19. GULP, GULP! Stay hydrated this summer! Drink 4 or more glasses of water per day.
- 20. Create a healthy lunchtime snack & pretend you are hosting your own cooking show!
- 21. Learn about Austin on a free historic walking tour downtown. They start at the State Capitol.
- 22. Visit children's day at Art Park. Symphony Square/11th & Red River. Wednesdays in June & July.
- 23. Make an obstacle course in your yard. Get permission to use furniture, cardboard boxes, or tires!
- 24. Visit your local Recreation/Community Center. Ask them what you can do for free or low cost.
- 25. Watch the 4th of July fireworks at Town Lake. Pack a healthy picnic with 2 different veggies!
- 26. Make a yummy summer treat by freezing your favorite juice in paper cup with a Popsicle stick!
- .2 Visit your nearest Whole Foods Market. Tell them thank you for keeping Marathon Kids FREE!



**BlueCross BlueShield
of Texas**

Parents: Help Keep Marathon Kids Free! Donate today at www.MarathonKids.org.