



26.2 Krazy Kool Things to do This Summer!

- 1 Start your training for Marathon Kids 2011-12! Run a little bit each day, and stay hydrated!
- 2 Windy? Head outside and fly a kite!
- 3 August 7th is Kids Appreciation Day at the Gladys Porter Zoo in Brownsville!
- 4 Make your own trail mix: add whole grain cereal, dried fruit & nuts in a Ziploc bag, then shake it up!
- 5 Have a picnic dinner in your backyard! Make sure to pack lots of fruits and veggies in your picnic basket!
- 6 "Twofer" Tuesdays at Rio Grande Valley White Wings baseball games! Buy one ticket, get one FREE!
- 7 Wake up to your favorite song! Then, have a dance party to get your day started!
- 8 Pour your favorite 100% fruit juice into a paper cup, add a stick, and freeze...healthy popsicles!
- 9 Have a handball or four-square tournament with your neighbors! All you need is a red rubber ball!
- 10 FREE admission to the Children's Museum of Brownsville from 5-7pm on the last Thursday of the month.
- 11 Take your dog for a walk! Don't have a dog? Offer to walk your neighbor's dog for them!
- 12 Challenge your friends to a water balloon toss! See how far you can throw without dropping it!
- 13 Throw some veggies on the barbeque tonight! Peppers, mushrooms, corn-on-the-cob! YUM!
- 14 Jump rope! See how many jumps you can do without touching the jump rope!
- 15 Tunes by the Trail at W.H. Heavin Amphitheater (705 N. Bowie) – evening of free music from local talent!
- 16 Thursdays 5-8pm is Family Fun Night @ International Museum of Art & Science and 1st Sundays are FREE!
- 17 Explore the Santa Ana National Wildlife Refuge – FREE on the first Sunday of each month!
- 18 Grab some local produce at the Harlingen Farmer's Market. Located on A Street between Jackson & Monroe.
- 19 Visit the Sea Turtle Rescue Center on South Padre Island! Scavenger hunt activities at <http://www.seaturtleinc.org>
- 20 Run the track at your local high school stadium! Too easy? Add some sets of stairs to your workout!
- 21 Use 2 fruits you've never tried in a fruit salad! Need some suggestions? Ask a produce expert at the store.
- 22 Spend the day hiking and/or biking at the Arroyo Hike and Bike Trail! Pack a healthy picnic lunch!
- 23 Make a water piñata! Fill a 10-gallon trash bag with water, tie it tight, hang from a tree, and have fun!
- 24 Visit your local library and check out a book on running!
- 25 Create an obstacle course in your backyard! Invite your friends over to race!
- 26 Make sure to drink at least 4 glasses of water per day. Make them more fun with cucumbers, lemons or melon!
- 26.2. Take a walk around the block with your family after dinner instead of watching TV.

Parents and Teachers: Join our e-mail list and Facebook!

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