



Recreation That's Special

Special Recreation Association of Central Lake County

ACTIVITY BOOK

Staying Connected While Being Distant
Volume Two



290 Oakwood Road
Vernon Hills, IL 60061
sraclc.org

At Home Fitness Fun

SPELL YOUR WORKOUT!

USE YOUR NAME OR WHATEVER WORD YOU CHOOSE
FOR EACH LETTER DO THE WORKOUT LISTED BELOW

- | | |
|------------------------|--------------------------|
| A – 5 BURPEES | N – 10 LATERAL JUMPS |
| B – 10 TRICEP DIPS | O – 15 AIR JACKS |
| C – 15 PUSH-UPS | P – 20 REVERSE LUNGES |
| D – 20 SQUATS | Q – 5 180 DEGREE JUMPS |
| E – 5 JUMP LUNGES | R – 10 PRISONER SQUATS |
| F – 10 SUPERMANS | S – 15 STANDING CRUNCHES |
| G – 15 SQUAT JUMPS | T – 20 PLANK JACKS |
| H – 20 JUMPING JACKS | U – 5 DONKEY KICKBACKS |
| I – 5 SQUATS W/ PULSE | V – 10 SQUAT BURPEES |
| J – 10 TRICEP PUSH-UPS | W – 15 CURTSY LUNGES |
| K – 15 LONG JUMPS | X – 20 SKATERS |
| L – 20 CRUNCHES | Y – 5 MOVING PLANKS |
| M – 5 TUCK JUMPS | Z – 10 STEP-UPS |

How To Make Coffee Filter Flowers



1. Cut a spiral shape out of the 3 or 4 coffee filters stacked together to save time.

Start on the outside edge and make a full circle and half as you cut towards the middle of the filters

2. Roll each one starting from the center and adding on a filter until you have the fullness that you want.

3. Create small, medium, and large flowers for your bouquet using three to ten coffee filters for each one.

4. Secure the flower head with hot glue or tape at the base.

5. Attach a stem by hot gluing a wood skewer to the base. The pointy end makes it easy to insert into the base of the coffee flower head.

Get to Know Our Staff

Unscramble the names on the left, then match to the correct picture

NGAALCIE SLANAI

AARK RELMIL

HONJ KCNRBUE

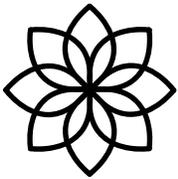
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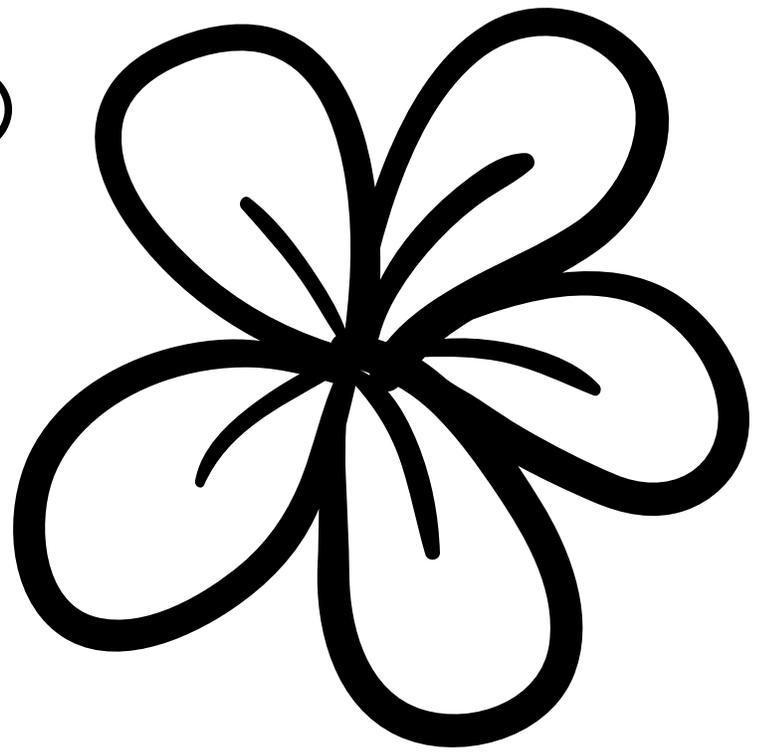
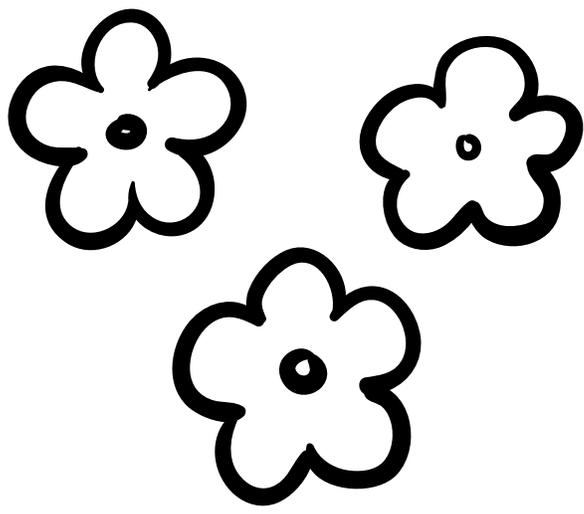
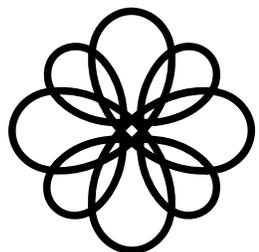
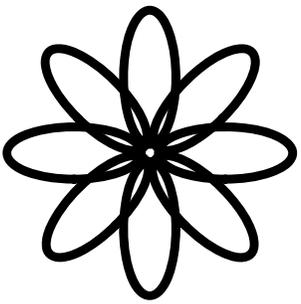
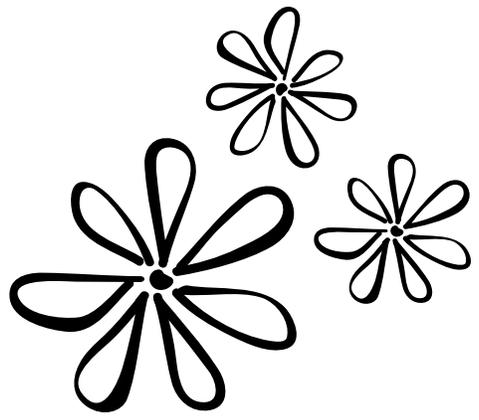
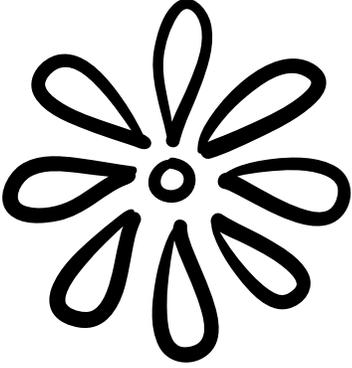
AKTEI WONE

SASICE DHWCIOR

SESJEI ISLAV



COLORING 
CONTEST



To enter our coloring contest, take a picture of your finished product and email it to ksmith@sraclc.org! Must submit by April 24 to be eligible for a prize.

CALVIN THE CRUSADER



Share your adventures with us on social media using the hashtags
#sraclc and #calvinthecrusader.

Creamy Tomato One Pot Pasta

Ingredients:

- 12 oz Pasta
- 2 C. Water
- 2 C. Vegetable Broth
- 1 Onion - sliced
- 1/2 C. Basil Leaves
- 3 Garlic Cloves - minced
- Salt & Pepper - to taste
- 3 oz. Cream Cheese
- 1 1/2 C. Pasta Sauce
- 1/4 C. Parmesan Cheese

Instructions:

1. In a stockpot, combine pasta, water, vegetable broth, onions, basil leaves, garlic, salt and pepper.
2. Cover, cook over medium-high heat and bring to a boil.
3. Remove cover and continue to cook for 10 to 12 minutes, or until pasta is cooked and almost all liquid is absorbed; stirring occasionally.
4. Remove from heat and stir in cream cheese and tomato sauce; mix until combined.
5. Stir in grated Parmesan cheese; taste for seasonings, and adjust accordingly.

Outdoor Scavenger Hunt

Head outside to see how many of the items below you can find. For a challenge, find two examples for each item below.



Flowers



Grass



Pinecone



Tree



Stick



Bug



Rock



Clouds



Puddle



Mailbox



Squirrel



Street Light



Bird



Fire Hydrant



Street Sign



Trash Can



Leaf



Dirt or Mud



Fence



Flag