Sprinkler Relay

Cool off with this fun game you and your friends can play in the sprinkler! This game will require at least 2 players.

- Divide players evenly into teams.
- Set down a bucket with a sponge about 10-20 feet from the sprinkler.
- When time starts, 1 person from each team will race to the sprinkler with their sponge and try to soak up as much water with the sponge as possible.
- The player will then run back to their team and squeeze the water into the bucket. The next player will take the sponge and repeat.
- When all rounds are done, measure the water in the buckets. The team that has the most water wins!

The Super Crew’s Fill-In-the-Blank

Try to find all the words for this July 4th theme fill-in-the-blank. Put the letters in the squares together to find out the bonus word!

1. The colors of July 4th are red, white, and __ □ __ __.
2. July 4th is a national __ __ __ □ __ __ __.
3. __ __ __ __ __ __ __ __ and hot dogs are favorite foods on July 4th!
4. It is fun to watch __ __ __ □ __ __ __ __ __ on July 4th!
5. On July 4th, we celebrate when __ __ __ □ __ __ __ became independent.
6. July 4th has many □ __ __ __ __ __ __ __ __ __ __ like grilling and spending time with family.
7. A tasty red fruit to have at July 4th is a __ __ __ __ __ __ __ __ __ __ __ __ __.

Bonus Word: __ __ __ __ __ __ __

Nutrition & Fitness Tips

Red, White, and Blue Ice Cream

Frozen fruit and a blender can make a fruity ice cream instantly! Frozen bananas have the texture of ice cream when blended until smooth. Bananas, strawberries, and blueberries are tasty and packed with lots of vitamins and minerals.

**Serves: 4 servings**

**Serving size = 1 cup**

**Ingredients:**
- 3 large frozen bananas, peeled
- 2 cups of frozen strawberries, unsweetened
- 1 teaspoon vanilla extract
- ½ cup of blueberries, fresh or frozen

**Directions:**
1. Add bananas, strawberries, and vanilla to a blender.
2. Blend until creamy. This could take 2-3 minutes.
3. Top with blueberries and serve.

Recipe Tip: Blend peanut butter, cacao powder, different berries, or other ingredients with frozen bananas to make many different ice cream flavors!