

Explore the 50 States in 50 Minutes

Take a whirlwind tour around the 50 United States from home! Read each of the activities listed in **50 Adventures in the 50 States** by Kate Siber and Lydia Hill and act out the activities you can do in each state. Check each state off as you visit it, and try to spend at least 1 full minute doing each state's activity – that's 50 minutes of exercise!

- | | |
|---|--|
| <input type="checkbox"/> Climb boulders in Alabama | <input type="checkbox"/> Horseback ride in Montana |
| <input type="checkbox"/> Walk on a glacier in Alaska | <input type="checkbox"/> Birdwatch in Nebraska |
| <input type="checkbox"/> Go horseback riding in Arizona | <input type="checkbox"/> Stargaze in Nevada |
| <input type="checkbox"/> Kayak on a river in Arkansas | <input type="checkbox"/> Climb a mountain in New Hampshire |
| <input type="checkbox"/> Surf in California | <input type="checkbox"/> People watch in New Jersey |
| <input type="checkbox"/> Climb a frozen waterfall in Colorado | <input type="checkbox"/> Sand sled in New Mexico |
| <input type="checkbox"/> Snowshoe in Connecticut | <input type="checkbox"/> Go on safari in New York |
| <input type="checkbox"/> Dolphin watch in Delaware | <input type="checkbox"/> Scuba dive in North Carolina |
| <input type="checkbox"/> Snorkel in Florida | <input type="checkbox"/> Mountain bike in North Dakota |
| <input type="checkbox"/> Paddle whitewaters in Georgia | <input type="checkbox"/> Ice fish in Ohio |
| <input type="checkbox"/> Explore a volcano in Hawaii | <input type="checkbox"/> Dig in Oklahoma |
| <input type="checkbox"/> Soak in the hot springs in Idaho | <input type="checkbox"/> Forage in Oregon |
| <input type="checkbox"/> Ice skate in Illinois | <input type="checkbox"/> Slide in Pennsylvania |
| <input type="checkbox"/> Fish in Indiana | <input type="checkbox"/> Sail in Rhode Island |
| <input type="checkbox"/> Bike in Iowa | <input type="checkbox"/> Take a tour in South Carolina |
| <input type="checkbox"/> Hike in Kansas | <input type="checkbox"/> Dig for fossils in South Dakota |
| <input type="checkbox"/> Rock climb in Kentucky | <input type="checkbox"/> Watch a light show in Tennessee |
| <input type="checkbox"/> Go shrimping in Louisiana | <input type="checkbox"/> Kiteboard in Texas |
| <input type="checkbox"/> Ski and snowboard in Maine | <input type="checkbox"/> Canyoneer in Utah |
| <input type="checkbox"/> Bike in Maryland | <input type="checkbox"/> Go leaf peeping in Vermont |
| <input type="checkbox"/> Paddle a boat in Massachusetts | <input type="checkbox"/> Hike in Virginia |
| <input type="checkbox"/> Camp in Michigan | <input type="checkbox"/> Sea kayak in Washington |
| <input type="checkbox"/> Dogsled in Minnesota | <input type="checkbox"/> Raft the rapids in West Virginia |
| <input type="checkbox"/> Take a road trip in Mississippi | <input type="checkbox"/> Cross-country ski in Wisconsin |
| <input type="checkbox"/> Explore caves in Missouri | <input type="checkbox"/> Go on a safari in Wyoming |



Check out more activities and learn about the most iconic places in the US with **50 Adventures in the 50 States!**

112 pages, ages 6-11
9780711254459 (HC): \$30.00 USD, \$38.99 CAD
9780711291874 (PB): \$14.99 USD, \$19.99 CAD

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Scan to take a trip around the US with author Kate Siber!



