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!

Climb boulders in Alabama		Horseb <mark>ack ride in Montana</mark>
Walk on a glaci <mark>er in Alaska</mark>		Birdwat <mark>ch in Nebraska</mark>
Go horseback <mark>riding in Arizon</mark> a		Stargaze in Nevada
Kayak on a river in Arkansas	E	Climb a mountain in New Hampshire
Surf in <mark>California</mark>		People watch in New Jersey
Climb a frozen waterfall in Colorado		Sand sled in New Mexico
Snow <mark>shoe in Connecticut</mark>		Go on safari in New York
Dolp <mark>hin watch in Delawar</mark> e		Scuba dive in Nort <mark>h Carolina</mark>
Snor <mark>kel in Florida</mark>		Mountain bike in North Dakota
Paddle whitewaters in Georgia		Ice fish in Ohio
Expl <mark>ore a volca</mark> no in Hawaii		Dig in Oklahoma
Soa <mark>k in the hot</mark> springs in Idaho		Forage in Oregon
Ice s <mark>kate in Illin</mark> ois		Slide in <mark>Pennsylvania</mark>
Fish <mark> in Indiana</mark>		Sail in Rhode Island
Bike in Iowa		Take a tour in South Carolina
Hike in Kansas		Dig for fossils in South Dakota
Rock climb in Kentucky		Watch a light show in Tennessee
Go shrimping in L <mark>ouisiana</mark>		Kiteboard in Texas
Ski and snowboar <mark>d in Maine</mark>		Canyoneer in Utah
Bike in Maryland		Go leaf peeping in Vermont
Paddle a boat in Massachusetts		Hike in Virginia
Camp in Michigan		Sea kayak in Washington
Dogsled in Minnesota		Raft the rapids in West Virginia
Take a road trip in Mississippi		Cross-country ski in Wisconsin
Explore caves in Missouri		Go on a safari in Wyoming

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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

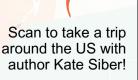
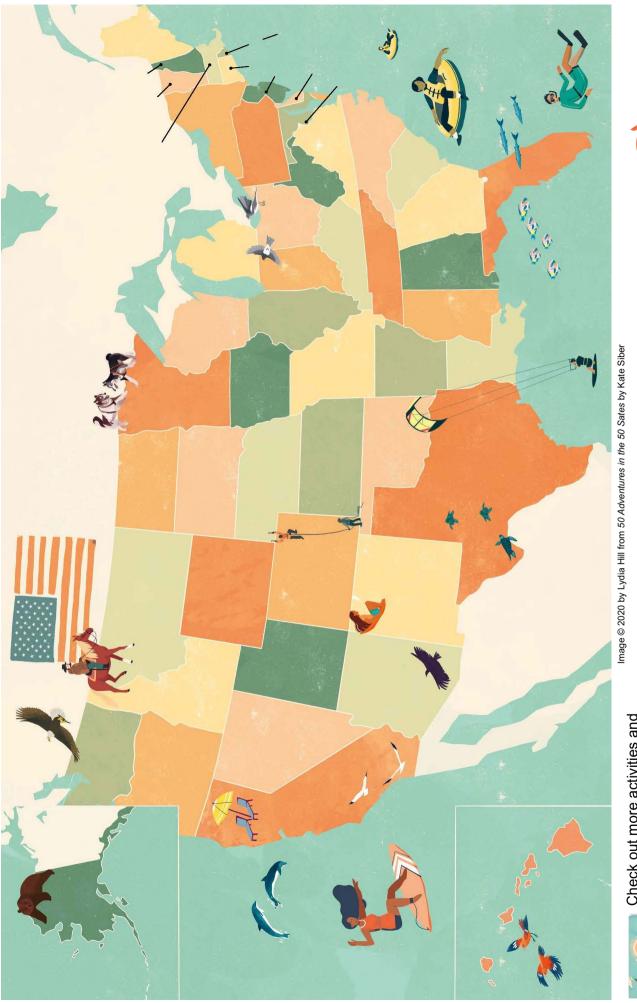




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Scan to take a trip around the US with author Kate Siber!

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