

## Climb to the Top

Mount Everest is the highest mountain in the world. It is 29,029 feet high. It takes many days to climb to the top. Your goal for this activity is to climb Mount Everest by being active.

- 1) Write or draw your favorite ways to be active in the white space below.
- 2) Start at the yellow star. You must be active for 15 minutes to move to the next blank star. (You may choose any of the activities that you wrote or drew.) Each blank star is a rest stop.
- 3) Once you get to each rest stop, color the star.
- 4) For every 15 minutes you are active, you get to move to the next rest stop. *Happy climbing.*



Parent or Teacher: Once each child has completed the activity, you may provide them with this ribbon. The child should fill in their name on the blank line and then can cut it out along the dotted line. The child can wear it or it can be displayed as part of a bulletin board.

