

# Focus Activity: Active Across America

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## Active Across America



**Pick a state you want to start at**

**Do the activity that goes with the state**

**You must select states from all 4 regions**

**Once you complete a state, mark it off**

**See how many states you can travel to**

**25 States =**



**15 States =**



**10 States =**



**Bonus Activity:**

**Research a fun fact for each state you traveled to**

**➤ 10 States = Jr. Olympics**



# West Region: Hold Each Pose for 10 seconds



Washington



Oregon



Wyoming



Utah



California



Idaho



Montana



Colorado



Arizona



Nevada



New Mexico

# Midwest Region: Must do each 10 X's



Nebraska



North Dakota



South Dakota



Wisconsin



Minnesota



Michigan



Missouri



Ohio



Iowa



Illinois



Kansas

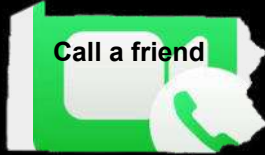


Indiana

# Northeast Region: Must do each 10 X's



New  
Jersey



Pennsylvania



New  
York



Connecticut



Massachusetts



Vermont



New  
Hampshire



Maine



Rhode Island

# South Region: Must do 10 X's



Texas



Alabama



Tennessee



Maryland



South Carolina



Washington, D.C.



Oklahoma



Florida



Louisiana



Kentucky



Virginia



North Carolina



Arkansas



Georgia



Mississippi



West Virginia



Delaware