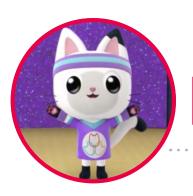




Meow-mazing Exercises Join Pandy for his champion workout routine with these fun exercises you can do at home!



Can you check off all of these exercises?



Do big stretches for 1 minute









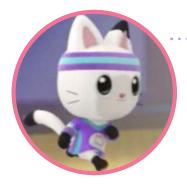


Do 10 toe touches

Jump rope 10 times









Jog in place for 10 seconds

Kitty Ranger Patches









white cardstock

scissors

double-sided tape

scarf or sash

Instructions:

- Print the patches on cardstock on following page and cut out.
- If a sash is desired, take a scarf or similar strip of fabric and drape it over your child's shoulder and secure it together in the back.
- 3. Watch the "Kitty Ranger" episode with your child and place the corresponding patch on his/her sash (or clothing) with a piece of double-sided tape as the characters earn their patches throughout the show. These patches include:







Tracking Patch

Me-Hoo **Listening Patch**

The remaining patches may be awarded to your child at any time:







Foods Patch

Move Your Body Patch

Helper Patch

Accomplishment Patch

A craft for families to make together!



Snack Packer Patch



Tracking Patch



Builder Patch



Me-Hoo **Listening Patch**



Meowl Patch



Eat Healthy Foods Patch



Move Your Body Patch



Helper Patch



Accomplishment **Patch**