# Children's

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## 1. VITAMIN "SEA"

Did you know pirates carried fresh oranges out to sea to keep themselves healthy? Keep yourself healthy with a daily dose of fruits and vegetables.

### 2. WALK THE PLANK

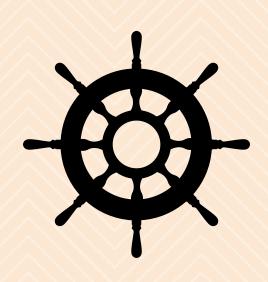
Aye, Aye, Captain! Play a game of Captain "Simon Says" to get moving.

## 3. SING ALONG

Join your pirate friends and sing the ABCs while washing your hands.



How many words can you make from P-I-R-A-T-E? Pie, ate, tea...



### ■ 5. TREASURE HUNT

Play "I Spy" using a toilet paper roll, crayons, and tape to create a telescope. Can you find buried treasure?

# ENJOY!

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