

# FITNESS IS FUN

## Ross County 4-H Cloverbud Kit

Description: Cloverbuds will explore physical fitness through Game & Activities, Music & Songs, Arts & Crafts, and Healthy Snacks.

### Supplies:

- ☐ 1 Activity Notebook
- ☐ 4 Foam Dice
- ☐ 12 Bean Bags
- ☐ 2 “Get Up & Go” Books
- ☐ 2 Sets of Activity Cards



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