

# PLACES TO PLAY

## WEST DULUTH

Physical activity is an important part of being healthy and strong. In fact, doctors say kids should be active **at least 60 minutes each day**.

Duluth's western neighborhoods have many places built just for you to explore and be active. Search the map for the places to play in West Duluth, and then pick one to visit and explore in the next week.

Brought to you by



**Essentia Health**  
Here with you



**DULUTH PARKS**  
Fun Places. Great Spaces!

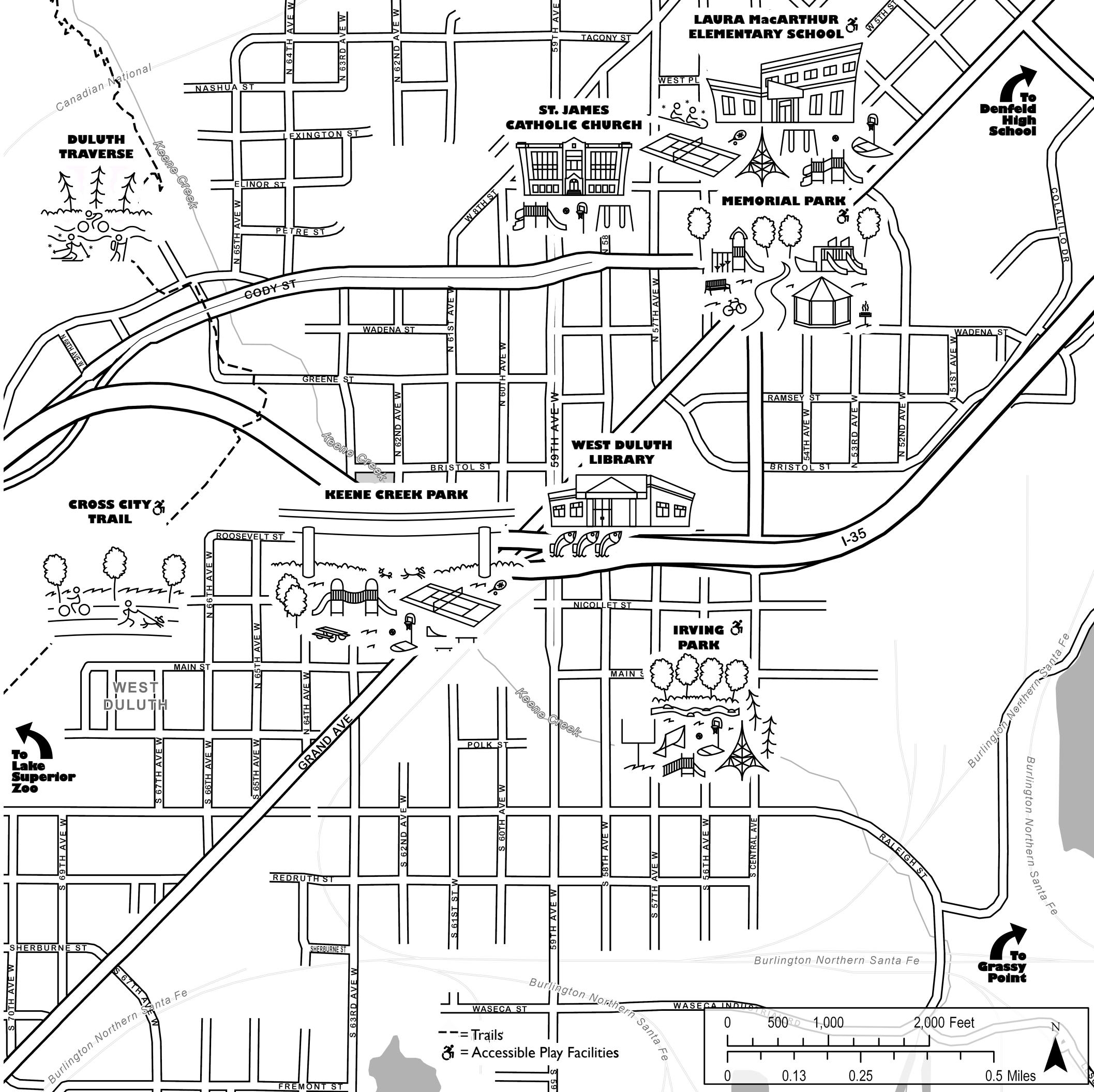


**RiverFront**  
COMMUNITY DEVELOPMENT



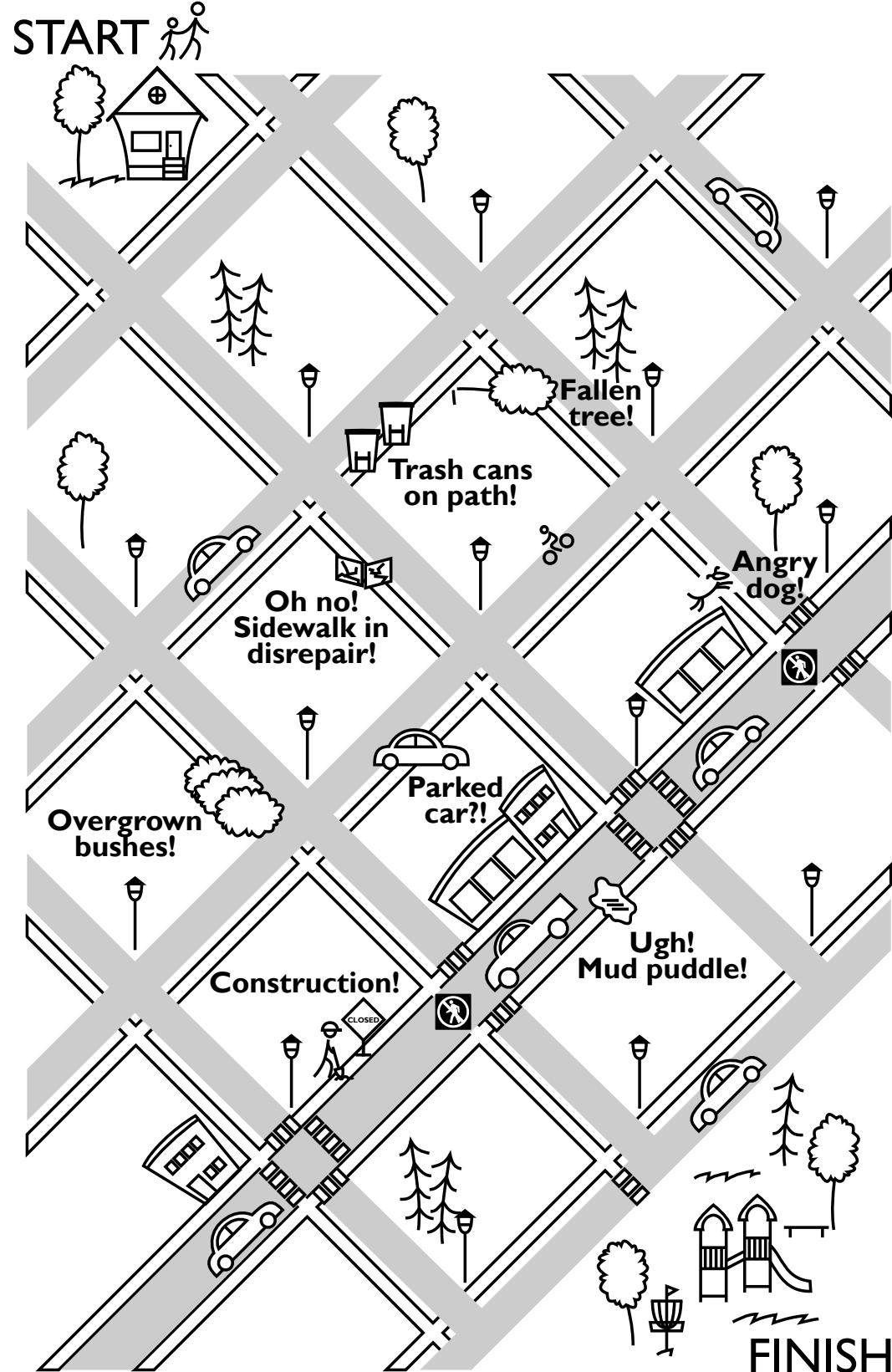
**ARROWHEAD REGIONAL  
DEVELOPMENT COMMISSION**

"Pulling for Children"



# SIDEWALK MAYHEM!

Olivia and her mom are walking to the park to get in 60 minutes of activity for the day. But there are many obstacles along the way. Will you help Olivia find a clear route using sidewalks and safe crossings?



# WAYS TO PLAY

When it comes to finding ways to be physically active, you have so many options! Can you find a few ways to play in the puzzle below?

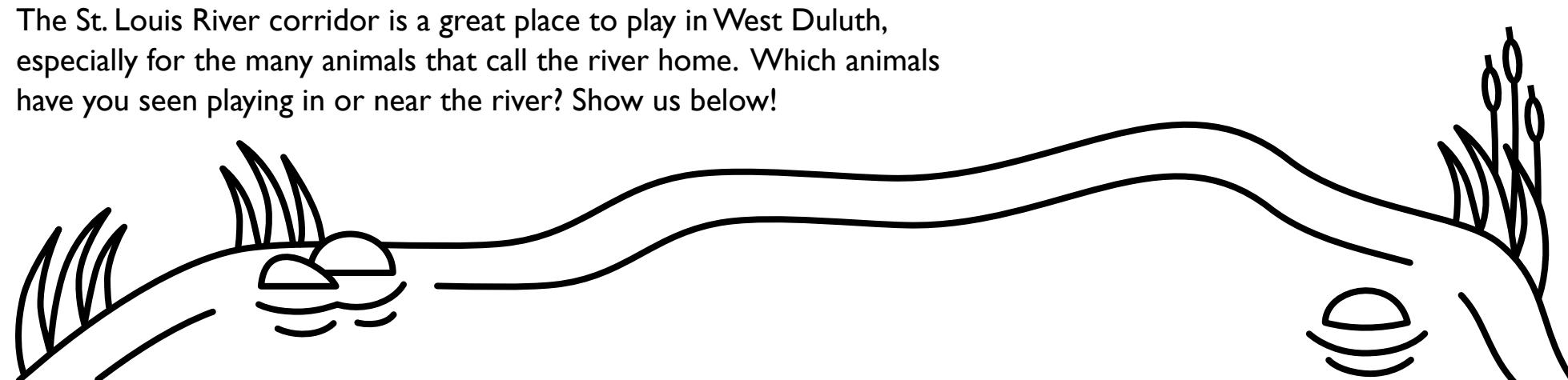
B C M J J P N S N K  
D R I B B L E S U R  
D U J U M P W T R R  
T O L V W I U O L D  
E E A Q N G L O F E  
L E Y G Q L E C J L  
F G T E L S H S I S  
Q O K A O U K W P N  
B I K E K D D I J Z  
H S A L P S N M H N

## Word Bank

BIKE	JUMP	SKATE	SPLASH
CLIMB	ROLL	SKI	SWIM
Dribble	RUN	SLED	SWING
HIKE	SCOOT	SPIN	

# A RIVERFRONT HOME

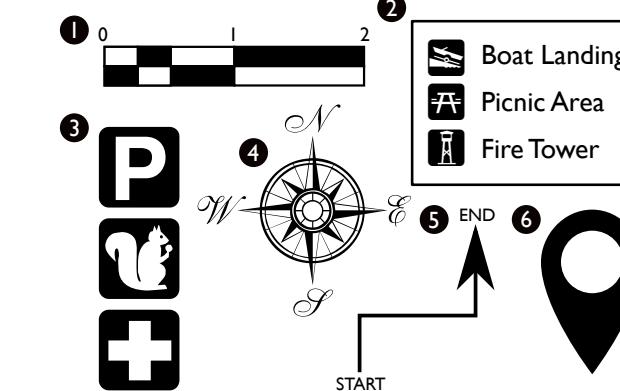
The St. Louis River corridor is a great place to play in West Duluth, especially for the many animals that call the river home. Which animals have you seen playing in or near the river? Show us below!



# MIXED MAPS

Maps can be easy to read if you know what common map pieces look like. Use the clues to help fill in the map-related words below.

## Clues

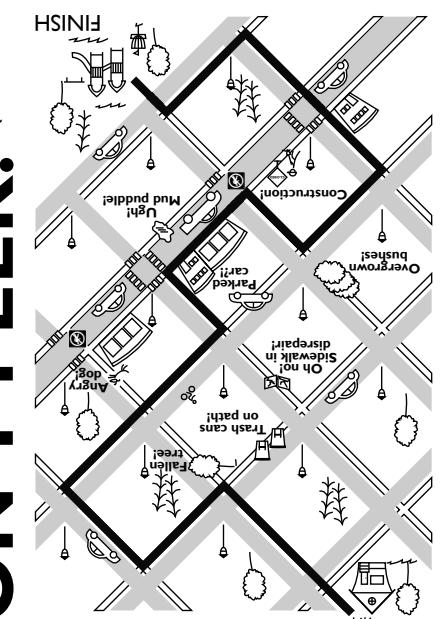


- ① C L
- ② L N
- ③ Y B L S
- ④ S S R S
- ⑤ R T
- ⑥ S T N N

Route, Destination, Scale, Legend, Symbols, Compass Rose,

## MIXED MAPS

H S A L P S N M H N  
B I K E K D D I J Z  
Q O K A O U K W P N  
F G T E L S H S I S  
L E Y G Q L E C J L  
E E A Q N G L O F E  
T O L V W I U O L D  
D U J U M P W T R R  
B C M J J P N S U R  
W A Y S T O P L A Y



**DON'T PEEK!** (But here are the answers.)