



# Jr. Ranger Guide

SUMMER EDITION 2022

Just for **RCU** kids

## COOL (AND CHEAP) SUMMER ACTIVITIES

Are you looking for ideas for cool summer activities that don't break the bank? Check out our list of FUN things to do.

### PICNIC IN THE PARK.

Pack a basket with your favorite sandwiches or snacks, grab a blanket, and dine outdoors. It's a great way to enjoy the summer weather.



### STARE AT THE STARS.

While you're waiting for the next cloudless night, ask a parent to download a free astronomy app, so when you head outside and gaze upward, you can learn about what you're seeing.

### GO FOR A HIKE.

Hiking is a great activity no matter where you live. You don't need to be near lakes and mountains to have a good hike. Simply Google your city to find great trails in your area. And if you can't find a trail, don't forget about urban hiking! Going for a walk in your own neighborhood can help you appreciate where you live.

### FREE OUTDOOR MOVIES.

Many cities and towns have free outdoor movies during the summer. Check your local libraries, Chamber of Commerce, or museums to see what's playing on a screen (or wall) near you!



### FIND A FARMER'S MARKET.

Farmer's markets are always fun, free, and a great place to people watch! Try the free samples, and if your market is like most, there will be live music, and maybe even kids' activities.



### CREATE A SIDEWALK MASTERPIECE.

All it takes is some sidewalk chalk and a little creativity. Ask your friends to join in the fun and create a long mural, obstacle course, tic-tac-toe, and more!

### MAKE FRUIT-FLAVORED POPSICLES.

You can make your own frozen treats with just four ingredients: your favorite fruit juice, paper cups, popsicle sticks (or chopsticks), and plastic wrap. Pour your juice into the paper cups, cover the tray with plastic wrap, pierce each cup with a stick, place in the freezer, and let sit until frozen (at least two hours). Once frozen, tear away the paper cups and enjoy!



# SMART WAYS TO BEAT THE HEAT



# REDDY'S SUMMER SEARCH

Everyone loves getting outside during the summer, but hot sunny days can get uncomfortable. Here are some ways to stay cool when the temperatures rise.



**PICK COOLER TIMES OF DAY TO GO OUTSIDE.** Early mornings and evenings are the best. And remember, the shade is the place to be.



**WATER, WATER, WATER!** Pools, lakes, rivers, beaches, and sprinklers are all great cool spots.



**STAY HYDRATED** with water or iced herbal tea.



**MAKE YOUR OWN POPSICLES** with the recipe on page one or find an ice cream or smoothie recipe online.



**SIGN UP FOR A FREE TRIAL MEMBERSHIP** at the YMCA or Boys/Girls Club.



**VISIT YOUR LOCAL LIBRARY.** Sign up for a summer reading program and track your progress.

*Bonus* – most libraries are air-conditioned.

Reddy is making a list of his favorite summer things. See if you can find them in the word search below.

- BASEBALL
- SWIMMING
- PARADES
- FIREWORKS
- ICE CREAM
- COLD LEMONADE
- WATER BALLOON
- SUNNY



Answer:

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

## Reddy the Redwood

## "It's a Spend, Save, and Share Summer"



THIS GUIDE BELONGS TO:



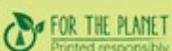
**RCU Calendar**

Redwood Credit Union will be closed on the following days:

- Independence Day – Monday, July 4
- Labor Day – Monday, September 5

AN OFFICIAL JR. RANGER

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