



MY WALK FOR HEALTH

Winter, spring, summer, autumn



The SWAMP is
interesting and
dangerous.



Cloudberry and cranberry are healthy.



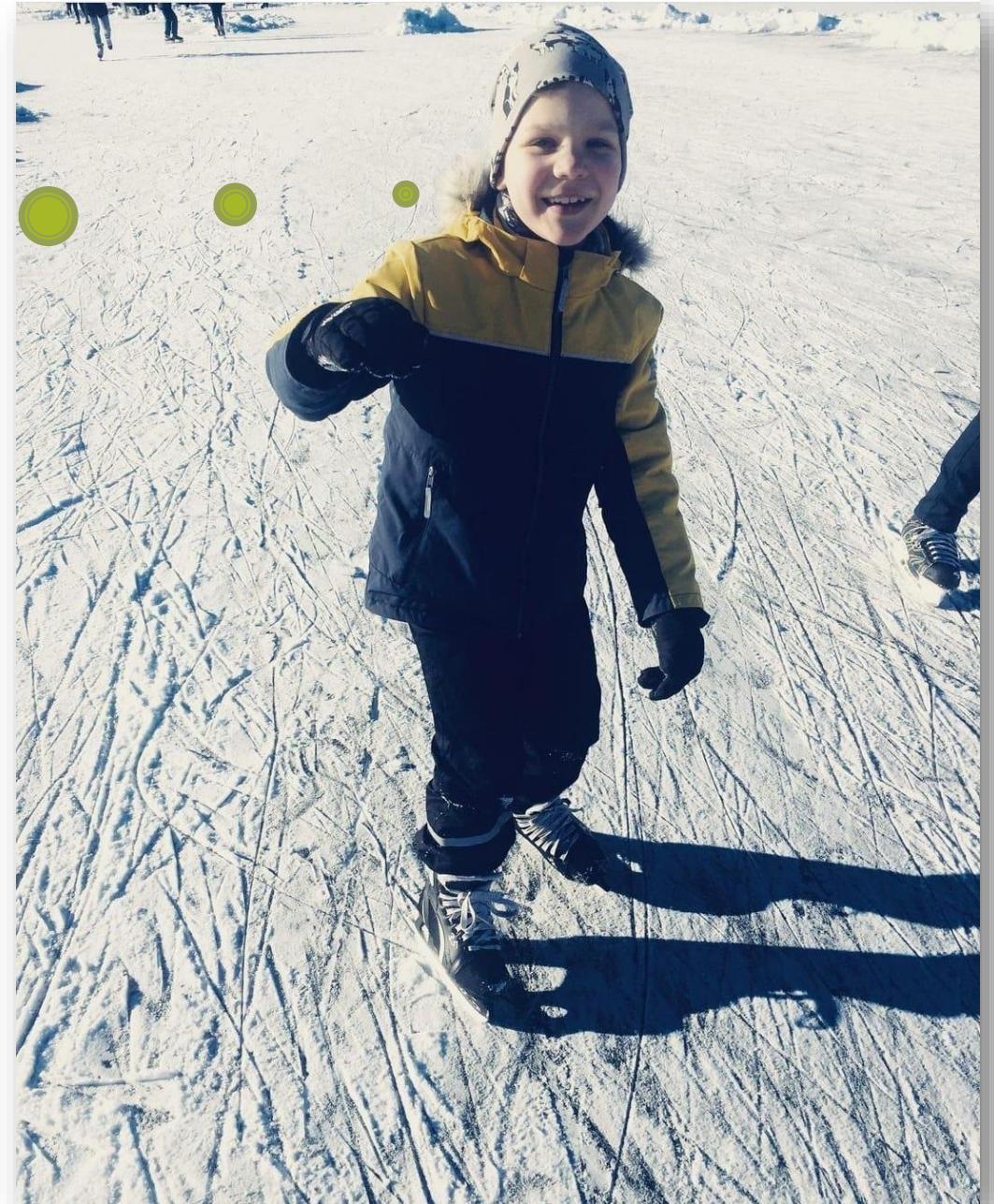
You can swim and
fish in the LAKE,
too!



You can rest and do
some yoga at the
CHANNEL.



In winter you can
skate on the
POND.



**At the
COUNTRYSIDE...**

Run and skip!

Help your grandparents!

Feed the animals!



Eat fruits, berries, and vegetables!



I can have fun at
the
FLATLAND.

Let's play dodgeball!



Let's play «Shapes»!



Let's play hide and seek!





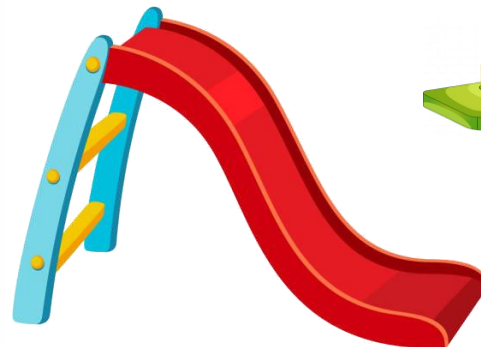
Let's move at the
PARK!

Let's ride a bike!

Let's play on the slide!

Let's play with a frisbee!

Let's play on the seesaw!



Can you climb on the
HILL?



Can you ride a horse?

Are you brave?

Are you strong?

Are you fast?



Do you like walking
in the FOREST?



There is a place called
Redans.
Soldiers were there
during the war.
Now there are many
artworks.



**I like walking in the
DUNES.**



I like swimming in the sea.

I like playing in the park.

I like walking in the forest.

I like working in the garden.



*WELCOME TO MY
COUNTRY!*
