Summer activities

Swimming in the lake

Duck

A cartoon duck holding a paper

Description automatically generated

# Let’s swim!

To get started with swimming, first lay down in a water and try not to drown:

* You can relax and look around
* Paddle about
* Enjoy summer warmth

Also, don’t forget:

1. Wear sunglasses
2. Don’t forget to drink water
3. Use sun cream

Hmm, what else…

## Let’s eat

After we had a good day of swimming in the lake, it’s important to eat something nice

I like to eat leaves

Here are some interesting things a respectful duck could eat:

|  |  |  |
| --- | --- | --- |
|  | Food | Calories per portion |
| Leaves | Ash, Elm, Maple | 50 |
| Berries | Blueberry, Strawberry, Cranberry | 150 |
| Grain | Corn, Buckwheat, Barley | 200 |