Summer activities

Swimming in the lake

Bobr



# Let’s swim

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

* You can relax and look at the sky
* Put your paws on a belly
* Enjoy summer warmth

## 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 nuts

Here are some interesting things a respectful Bobr could eat:

|  |  |  |
| --- | --- | --- |
|  | Food | Calories per portion |
| Nuts | Almond, Walnut, Pistachios | 200 |
| Berries | Blueberry, Strawberry, Cranberry | 150 |
| Grain | Corn, Buckwheat, Barley | 250 |