Summer activities

Swimming in the lake

Duck

A cartoon duck holding a paper

Description automatically generated

Figure : This is a cute duckling

# 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 |

And let’s add another list in the end:

1. Leaves
2. Berries
3. Grain

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Hi | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 21 | 12 |
| 1 |  |  |  |  |  |  |  |  |  |
| 2 | 3 |  |  |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |  |  |  |