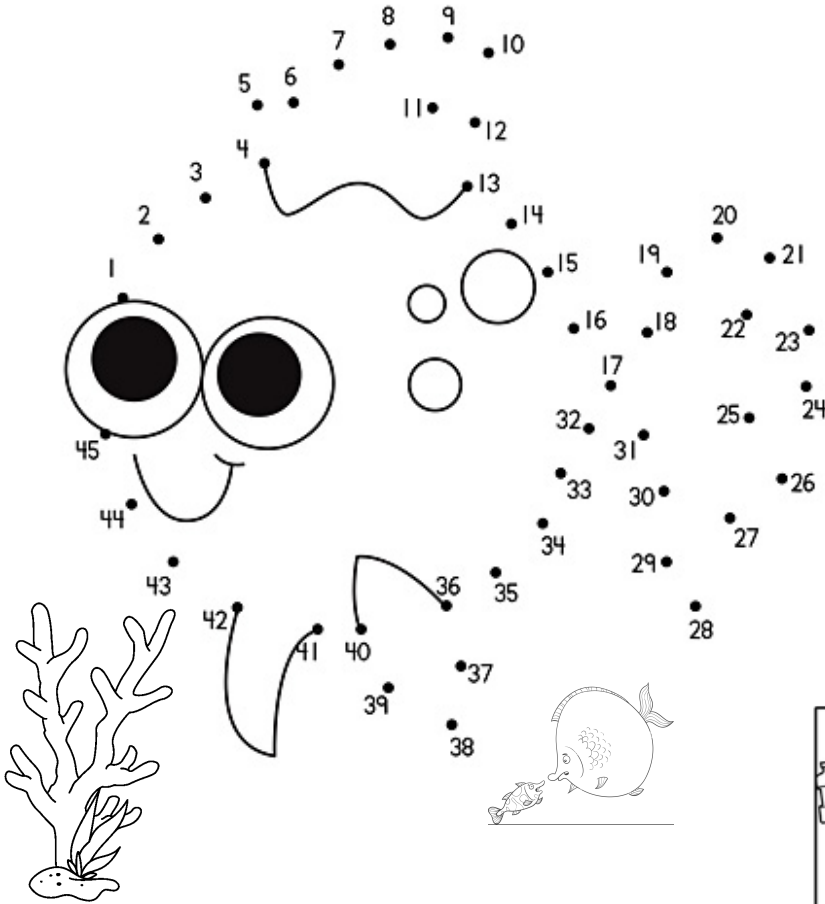


## Dot-to-Dot

Connect the dots from numbers 1-45 to complete the picture. Next, color the picture.



## Don't Send Chemicals into our Waterways.

Nutrients from excess fertilizer increases algae growth that blocks sunlight to corals. Coral Reefs are alive Stirred up sediment can also harm coral. Swim with caution.



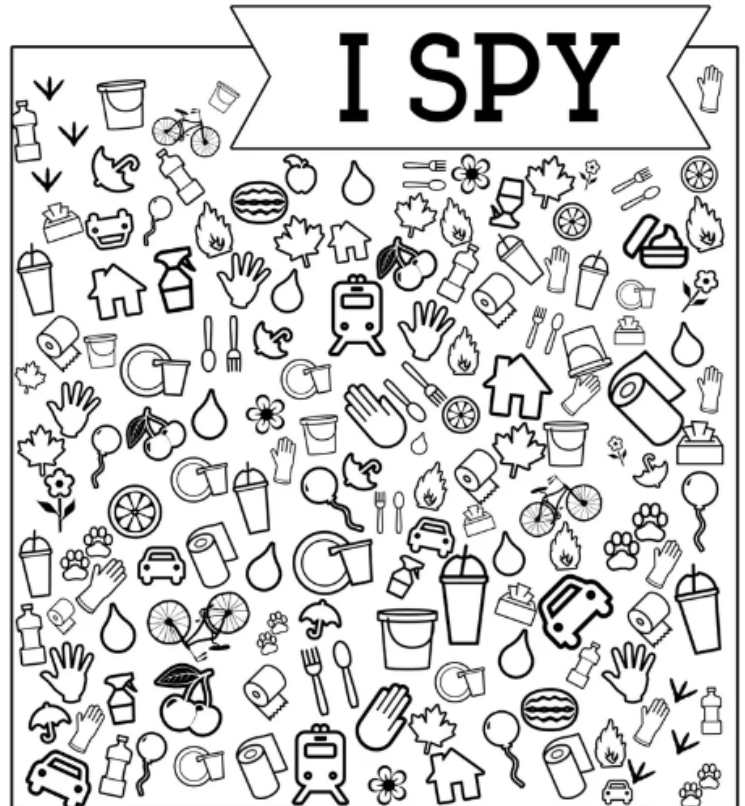
How can you help our Tampa Bay or our local rivers ?

**You can be a Marine Crusader!**

In addition to picking up your own trash, carry away the trash that others have left behind.

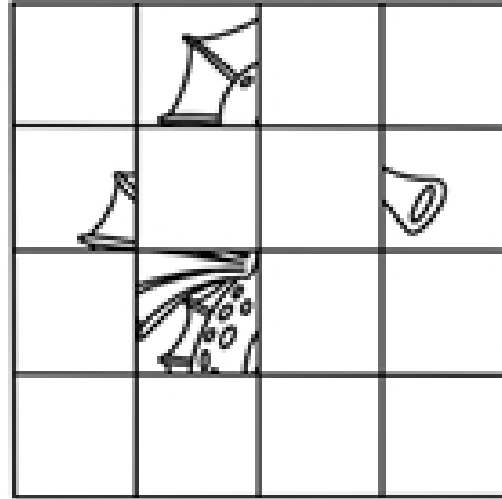
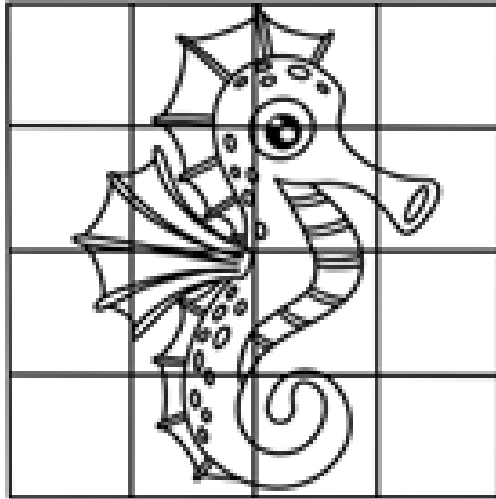
What would you like to see at the Bay?

What would you like to NOT see at the Bay?



- |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 2 | 4 | 4 | 2 | 4 | 5 | 7 | 4 | 6 |
| 1 | 6 | 7 | 1 | 3 | 6 | 7 | 4 | 7 |
| 3 | 2 | 4 | 6 | 2 | 7 | 3 | 9 | 6 |

# Seahorse Complete the Picture



[www.kidspuzzlesandgames.co.uk](http://www.kidspuzzlesandgames.co.uk)

## Triple Berry Protein Smoothie

Servings 2 Serving Size 1 cup

Kids ask an adult before making this smoothie!

- 1 cup unsweetened almond milk
- 1/2 cup fat-free, plain Greek yogurt
- 1 teaspoon stevia sweetener **OR** 2 stevia sweetener packets
- 1 squeeze mixed berry-flavored stevia water enhancer
- 1/4 cup fresh or frozen, unsweetened blueberries
- 1/4 cup fresh or frozen, unsweetened raspberries
- 1/4 cup fresh or frozen, unsweetened strawberries

Directions: In a food processor or blender, process all the ingredients for 1 to 2 minutes, or until the desired texture. Pour into glasses.

Quick Tip: You can substitute 3 ounces (3/4 cup) of a frozen berry mix in place of the three types of berries.

From: <https://recipes.heart.org/en/recipes/triple-berry-protein-smoothie>

