Rocket Flyer *(source: brainpowerboy.com)*

An easy patriotic activity - experiment with different flight paths and create a flyover show for all your favorite stuffies!

**Supplies Needed:**
- pen
- paper (white for barrel and colored for rocket tops)
- crepe paper streamer or washi tape
- tape
- glue
- large rubber bands

*Join us on our Facebook page for instructions!*

---

Memorial Day Wreath

A festive tribute to an important day, as you create this wreath teach your children about the heroes we honor.

**Supplies Needed:**
- cardboard
- red, white, and blue paper
- tape and/or glue
- hole punch
- string

*Join us on our Facebook page for instructions!*

---

Patriotic Yoga *(source: pinkoatmeal.com)*

Eagle, flag, fireworks, and star - these moves will have your kiddos bending and stretching. Set your yoga studio to some patriotic music for some extra flare!

**Supplies Needed:**
- yoga mat (optional)
- patriotic music (optional)
- link to exercises

---

Parent Guide: Your Neighborhood – Armed Forces
Rocket Flyer, Memorial Day Wreath, Patriotic Yoga

Sponsored in part by: **Bosch**