

Parent Guide: Your Neighborhood – Armed Forces

Rocket Flyer, Memorial Day Wreath, Patriotic Yoga

1

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!

2

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

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3

Patriotic Yoga (source: pinkcoatmeal.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