<table>
<thead>
<tr>
<th>Mascots</th>
<th>Logos</th>
<th>Sports</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>SOFTBALL</td>
</tr>
<tr>
<td></td>
<td></td>
<td>GOLF</td>
</tr>
<tr>
<td></td>
<td></td>
<td>SOCCER</td>
</tr>
<tr>
<td></td>
<td></td>
<td>WRESTLING</td>
</tr>
<tr>
<td></td>
<td></td>
<td>SWIMMING</td>
</tr>
<tr>
<td></td>
<td></td>
<td>FOOTBALL</td>
</tr>
<tr>
<td></td>
<td></td>
<td>CROSS COUNTRY</td>
</tr>
<tr>
<td></td>
<td></td>
<td>GYMNASTICS</td>
</tr>
<tr>
<td></td>
<td></td>
<td>VOLLEYBALL</td>
</tr>
<tr>
<td></td>
<td></td>
<td>ROWING</td>
</tr>
<tr>
<td></td>
<td></td>
<td>TRACK &amp; FIELD</td>
</tr>
<tr>
<td></td>
<td></td>
<td>TENNIS</td>
</tr>
<tr>
<td></td>
<td></td>
<td>BASEBALL</td>
</tr>
<tr>
<td></td>
<td></td>
<td>SWIMMING</td>
</tr>
</tbody>
</table>
WHERE IN THE WEST?

Where on the map is each university located?

UNIVERSITY OF ARIZONA
ARIZONA STATE UNIVERSITY
UNIVERSITY OF CALIFORNIA, BERKELEY
UNIVERSITY OF COLORADO BOULDER
UNIVERSITY OF OREGON
OREGON STATE UNIVERSITY
STANFORD UNIVERSITY
UNIVERSITY OF CALIFORNIA, LOS ANGELES
UNIVERSITY OF SOUTHERN CALIFORNIA
UNIVERSITY OF UTAH
UNIVERSITY OF WASHINGTON
WASHINGTON STATE UNIVERSITY

SPELL YOUR NAME WORKOUT

Do the exercises to spell your name, try your last name too!

A = 50 JUMPING JACKS
B = 20 CRUNCHES
C = 30 SQUATS
D = 15 PUSH-UPS
E = 1 MIN. WALL SIT
F = 10 BURPEES
G = 20 SEC. ARM CIRCLES
H = 20 SQUATS
I = 30 JUMPING JACKS
J = 15 CRUNCHES
K = 10 PUSH-UPS
L = 2 MIN. WALL SIT
M = 20 BURPEES
N = 40 JUMPING JACKS
O = 25 BURPEES
P = 15 SEC. ARM CIRCLES
Q = 30 CRUNCHES
R = 15 PUSH-UPS
S = 30 BURPEES
T = 15 SQUATS
U = 30 SEC. ARM CIRCLES
V = 3 MIN. WALL SIT
W = 20 BURPEES
X = 60 JUMPING JACKS
Y = 10 CRUNCHES
Z = 20 PUSH-UPS
Can you find all the schools and mascots?
HOW CAN YOU GO GREEN?

• Turn off the lights when you leave a room.
• Turn off the faucet while brushing your teeth.
• Take showers instead of baths.
• Unplug appliances and chargers when you are not using them.
• With your parents, look up recipes and make your own natural cleaning products.
• Plant trees and flowers.
• Learn how to compost with recycled paper, leaves, and other materials.

READING CHALLENGE FILL-IN

Read a book and color in a sport!
COLOR THE WEST!

BEACH

DESERT

FOREST

MOUNTAINS
Unscramble the circled letters to complete the secret phrase!

CREATE YOUR OWN TEAM

Where do you play? ____________________________
What is your mascot? ____________________________
What is your mascot’s name? ______________________
What are your team colors? ________________________

Draw your mascot!

Draw your logo!

Draw your jersey!
ADD, SUBTRACT, DIVIDE, & CONQUER

Football + Football = 18
Football - Goalpost = 6
Goalpost = Shoes - Football
Football + Shoes = ?

Soccer + Goalpost = 12
Shoe = Goalpost - Soccer
Goalpost + Goalpost = 14
Shoe + Soccer = ?

Bat + Bat = 12
Bat + Baseball = 16
Glove = Baseball + Baseball
Baseball + Glove = ?