



Hope Mills Police Department

5776 Rockfish Road
Hope Mills, North Carolina 28348
(910) 425-4103

Police Community Action Team

"Proudly Serving Hope Mills"

STRETCH BEFORE YOU PLAY!



Warming up your
muscles helps
you avoid injury.



Playing your favorite sport is a great way to stay fit!



WORD FIND

Try to find the words in the list below.

They could be up, down, backwards, or diagonal.

Helmet

Stretch

Exercise

Swim

Run

Sneakers

Tag

Bicycle

Fun

Jump rope

H	E	L	M	E	T	S	E	A	M	E	M
O	D	E	G	I	T	O	V	N	I	F	G
L	S	C	A	R	J	D	I	E	W	R	S
E	Q	Z	E	X	E	R	C	I	S	E	I
R	E	T	P	E	C	T	D	A	T	E	D
A	C	W	E	R	R	S	F	A	I	D	I
H	C	O	M	U	N	I	T	O	S	O	V
C	W	J	N	N	P	G	R	O	R	M	E
E	A	S	R	E	K	A	E	N	S	N	L
A	L	K	H	E	F	T	I	U	N	D	C
A	S	I	T	S	G	I	Y	F	D	N	Y
Y	T	I	N	N	U	M	M	O	C	A	C
R	N	E	P	O	R	P	M	U	J	S	I
U	K	F	J	N	A	C	I	R	E	M	B

WORD SCRAMBLE

Unscramble These Words To Learn
More Ways You Can Stay Fit!

MYSTGICANS _____

KIIGHN _____

LABLAETSKB _____

ROCESC _____

INIGKS _____

SABLAELB _____

NETNIS _____

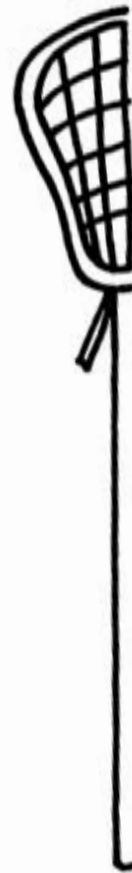
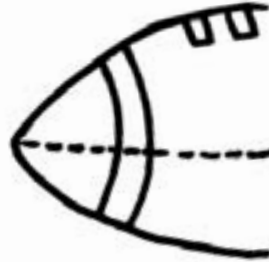
GADNICN _____

ANSWERS: GYMNASTICS, BASKETBALL, SKIING, TENNIS, HIKING, SOCCER, BASEBALL, DANCING

Help the bicyclist
ride to the
playground!



DRAW THE OTHER HALF



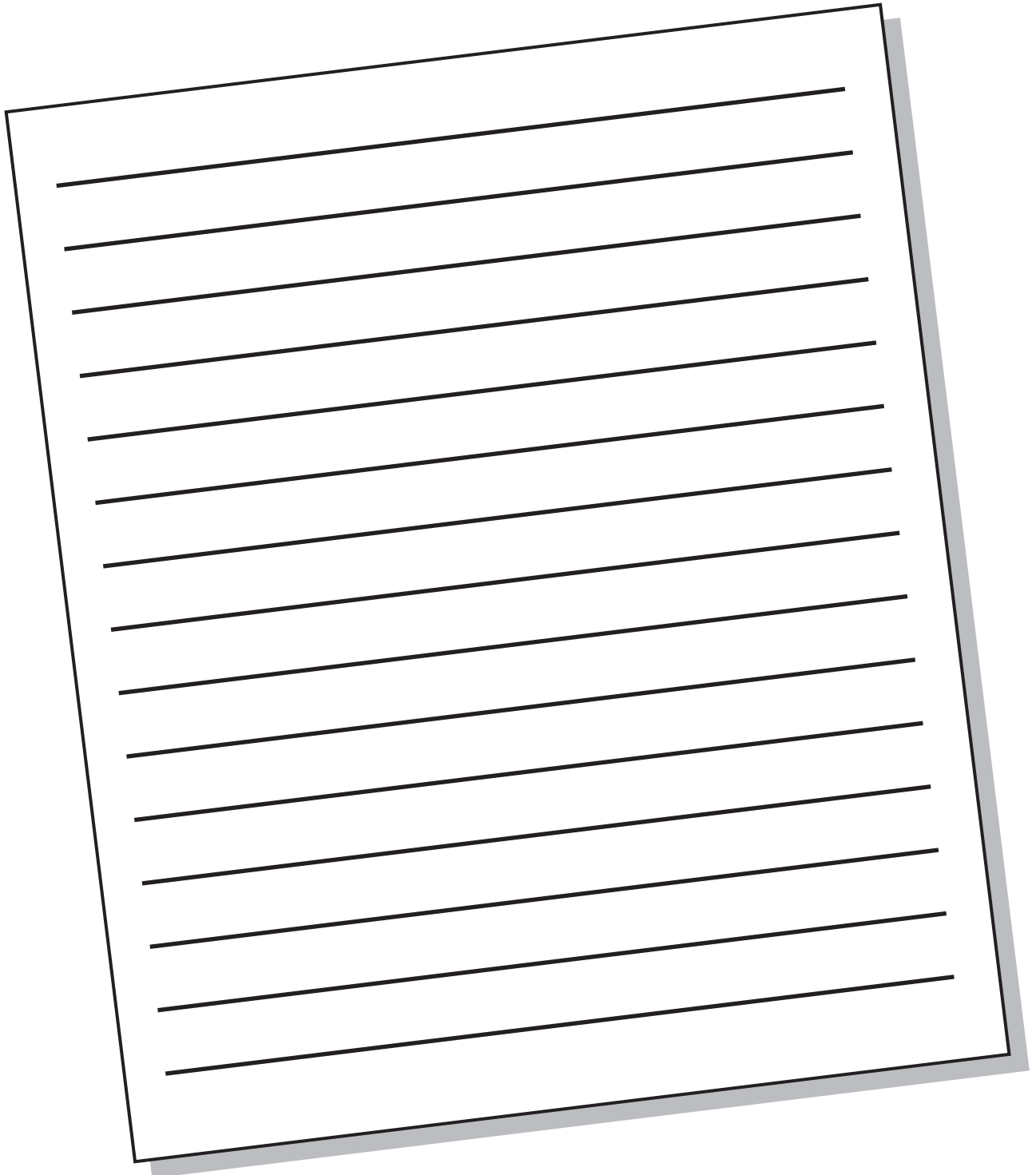
PLAY IT SAFE!



Wear the right helmet, pads and other equipment to prevent injury.

See How Many Words Can You Make Using The Letters

FITNESS CAN BE FUN

A tilted sheet of lined paper with 15 horizontal lines, intended for writing words made from the letters in the title above. The paper is white with a thin black border and a light gray shadow on the right side.