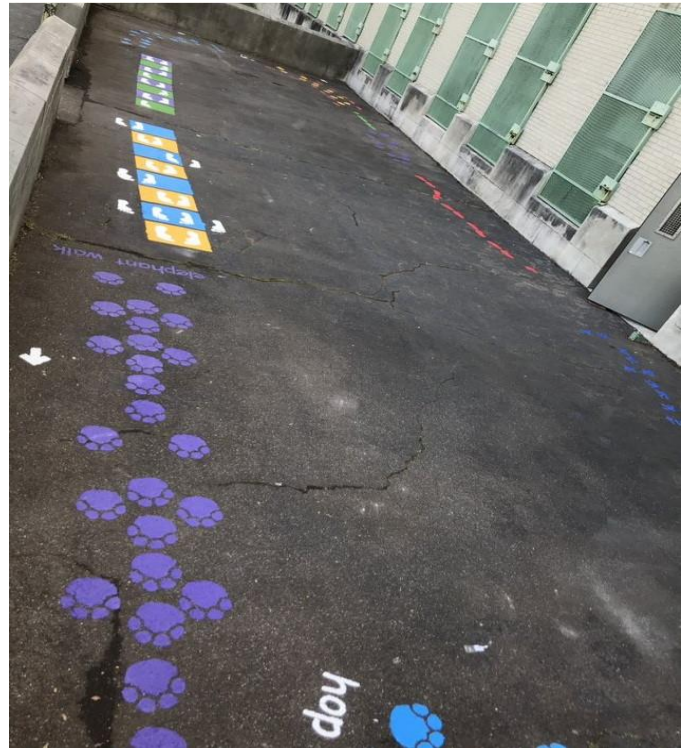


Adagio Health – Power Up – Outdoor Stencils

Outdoor Stencils: this project encourages physical activity by creating a more inviting and interactive outdoor play space. Additionally, the stencils enhance visual appeal of the outdoor recess area and offer age-appropriate activities. Power Up can provide the stencils, paint, and potentially other materials needed to create an engaging play space. We can explore different layouts, as well as paint and chalk options for application, and will work to accommodate whatever is best for you.

Talk to your Health/Physical Education teacher to get your Power Up Adagio Health contact. If unknown feel free to contact:

- **Madison Santella, MS, RDN, LDN**
PSE Coordinator, Nutrition Services
[adagio health](mailto:msantella@adagiohealth.org)
msantella@adagiohealth.org



Name	Dimensions	# of Pieces	Image
Activity Stations - Jumping Jacks - Lunges - Squats - Labels	3'8" x 3'8" stations	9	

Hopscotch

- Arrows
- Footprints
- Outline

1'8" x 1'8"
squared

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MyPlate

- Fork
- Word labels:
 - Fruits
 - Grains
 - Vegetables
 - Protein
- ChooseMyPlate.gov
- Plate outline
- Dairy outline

7'8" plate diameter

Foods are approx. 16" square

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- Veggies:

- Carrot
- Tomato
- Onion
- Squash
- Peas
- Corn

- Grains:

- Bread
- Wheat
- Pasta

- Dairy:

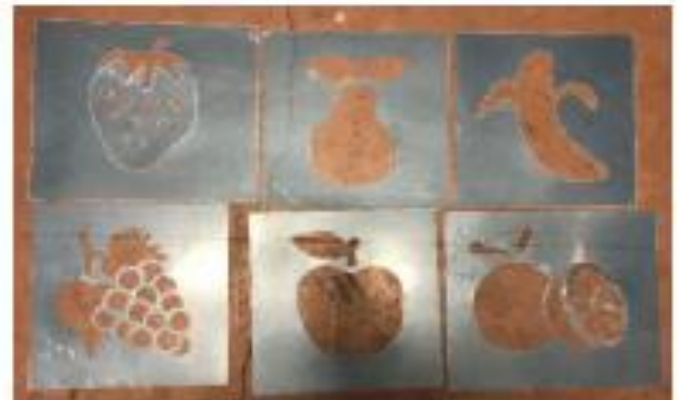
- Milk
- Cheese
- Beverage

- Fruits:

- Strawberry
- Pear
- Banana
- Grapes
- Apple
- Orange

- Protein:

- Beans
- Peanuts
- Eggs
- Steak
- Chicken
- Fish



Animal Paths

- Path labels
 - elephant walk
 - leap frog
 - bear crawl
- Elephant walk
 - Connected prints
 - Separate prints
- Leap frog
 - Connected prints
 - Separate prints

Dimensions
variable

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- Bear crawl
- Connected prints
- Separate prints
- Handprints (separate)
- Footprints (separate)
- Single file

