Big Foot loves to walk in nature as it keeps him calm and happy. Your local parks staff invites you to unscramble the answers below to learn more about Big Foot. Copy the letters from the numbered cells to the corresponding spaces at the bottom of the page to get a message from Big Foot himself. Then, take your family on a hike in the park to look for clues that Big Foot was there. Even if you don't find Big Foot, you'll have fun as a family on this family Quest.

What Native Americans call Big Foot: tuahsqsc

What Big Foot is called where it snows: loeboibana snawmno

What is Big Foot’s personality? syh

What is Big Foot’s appearance? riyha

Big Foot eats both plants and animals, so he is a ____________? mnoveoir

How tall is Big Foot on average? iehgt tfee

Big Foot walks on two legs so he is a ______________? dbipe

Some people believe the story of Big Foot is this: refolko

Big Foot’s secret message to your family:
Your parks and recreation staff is invested in the health of our community. To this end, we are challenging you to seven Family Quests that take you on a new outdoor adventure each week.

According to the Physical Activity Guidelines for Americans, regular physical activity provides long-term health benefits. Adults get the most health benefits by doing 150 minutes of moderate-intensity physical activity per week. Children and adolescents should do 60 minutes or more of moderate- or vigorous-intensity aerobic activity daily.

Being physically active in nature can improve your health and fitness, reduce stress, and create a sense of well-being for you and your family. Have fun, be active and get fit in our parks and on our trails.