



Make the Leap



A frog's transformation is one of nature's wonders. Most frogs start out as eggs that are laid underwater. In just a few weeks, they turn into tadpoles and grow legs and lungs. Tadpoles need a lot of energy to fuel their changing bodies, so they eat everything in sight. They also face the constant danger of *being* eaten by fish, birds, insects, and other animals.

The growth of a person may not be as dramatic

as a tadpole's, but it can be just as challenging. Like all creatures, we are constantly changing, both inside and out. Adjusting to change can take time, effort, and prayer. Sometimes you might want to give up. But if you keep at it, you'll develop the strengths you need, like a frog grows legs for leaping.

When you're open to change, you can make a positive impact on the world around you, and you'll be ready to leap into a better future.

In this frog pond, each lily pad contains a word about change. Find the words and write them on the wooden post. Words can run clockwise or counterclockwise.

1. G R E S S P R O
2. V E L O P D E
3. R E E X P L O
4. R A E S H C
5. R C O M E V E R O
6. E L N R A
7. P R O M I V E
8. V E T H R I
9. K E F E S
10. O R P M G
11. E R W N O D
12. A R T M R O F S

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

A female lays thousands of eggs. **Tadpoles are born with gills.** **The hind legs emerge first.** **Froglets have front legs, lungs, and a tail.** **Adult frogs can leap 20 times their body length.**