

Every Day, Play!

This month, THE GREAT BODY SHOP was about the importance of play and exercise. Listen to the song "Let's Play, Every Day" that goes along with this unit.

Lesson 1: Everyday Play

Lesson 2: How We Play

Lesson 3: Play Is Exercise, Too!

Lesson 4: Learning the Rules of Safe Play

On the Cover

- With your child, look at Cool Dude and Hamisi on the cover. What is each doing? Are they getting exercise?
- Note the protective equipment Cool Dude wears. Ask your child to tell you why it's important to wear a helmet when skateboarding or riding a bike. Why are knee, elbow, and wrist pads important, too?
- Talk about the line in the song: "We make strong muscles and we make strong bones when we play at school or play at home."
- Help your child to identify the different kinds of balls and equipment surrounding Jessica on the bottom of this page. How would he or she play with these? (Answers, clockwise from top: jump rope, wiffle ball, kickball, tennis ball, football, frisbee, basketball, baseball, soccer ball)
- With your child, discover other ways you can exercise together.

Stop the Music!

Here's a fun way for your child and his or her friends to get some exercise. You'll need one or two of your child's favorite songs, or THE GREAT BODY SHOP CD.

Play the music and have everyone dance or run in place. One by one, have players take turns being the leader who turns the music off for a 20-second period. The leader must then think of something for everyone to do while the music is off (jumping jacks, marching around the room, running up the staircase, or turning circles, for example). When everyone has performed the task, the leader quickly puts the music back on and everyone dances until a new leader turns off the music again.

Children are exposed to media earlier and more often than ever before. Children who are watching TV or playing online are not exercising. They are more likely to be overweight. Encourage your child to play actively.



Read All About It

Dancing Solo

by Jake Maddox

Sarah is the best dancer in her class. As she prepares for a recital she is challenged and must decide what to do.

Softball Surprise

by Jake Maddox

This is the story about a girl who loves softball, and must decide what to do about winning or playing with her friends.

Word Wise

Can you find these words in this Issue?
Read these words as a family.

play exercise safe strong

