### 10 Reasons to Move

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<tbody>
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<td><strong>1</strong></td>
<td><strong>It builds strength.</strong></td>
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<td>Exercise helps kids develop strong bones and muscles.</td>
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<td><strong>4</strong></td>
<td><strong>It helps kids learn other things.</strong></td>
<td><strong>5</strong></td>
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<td>Incorporating movement into learning—like encouraging children to make patterns with their body movements—can allow children to grasp new concepts more easily.</td>
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<td><strong>7</strong></td>
<td><strong>It calms the body and reduces stress.</strong></td>
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<td>Exercise like yoga and stretching give children a chance to relax their bodies and focus their minds.</td>
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<td><strong>10</strong></td>
<td><strong>It lays the foundation for a healthy and happy life.</strong></td>
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<td>Making exercise an everyday thing at an early age sets kids up for a lifetime of healthy habits.</td>
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These are all great reasons for adults to move, too…and healthy habits begin with you!
Elmo Says!
Use the cards below to encourage movement skills like jumping, hopping, stretching, dancing, stomping, and wiggling.

How To Play
Download and print the cards, cut them out, and mix them in a bag. Take turns picking a card out of the bag and reading it together. What does it say to do? Have fun doing the moves together!
Move Together!

Look at me! Look at you!
Look what our bodies can do.

Dance! Dance!
Run! Run!
Moving our bodies is so much fun!
We can jump. Jump!
We can hop. Hop!
We can wiggle. Wiggle!
We can stop. Stop!
We can twist. Twist!
We can tap. Tap!
We can stomp. Stomp!
We can clap. Clap!

And we can sit...sit (whisper slowly)
And we can rest...rest
So that we can be our very best.

We whisper. We breathe.
We smile and then,
We start to move all over again!
Move Together!

Look at me! Look at you!
Look what our bodies can do.

_________! Dance!
Run! Run!
Moving our bodies is so much fun!
We can _________! _________!
We can _________! _________!
We can _________! _________!
We can _________! _________!
We can _________! _________!
And we can sit...sit (whisper slowly)
And we can rest...rest
So that we can be our very best.

We whisper. We breathe.
We smile and then,
We start to **move** all over again!
## My Week

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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For more resources, go to [sesamestreetincommunities.org](http://sesamestreetincommunities.org)