

# 10 Reasons to Move

Here are 10 reasons to make physical activity a part of kids' everyday lives.

## **1** *It builds strength.*

Exercise helps kids develop strong bones and muscles.

## **2** *It develops large-muscle skills.*

Running and jumping use the large muscles of the body and help build coordination.

## **3** *It's good for the heart.*

Moving quickly gets children's hearts pumping—and all that pumping makes their hearts stronger. A strong heart means a healthier body.

## **4** *It helps kids learn other things.*

Incorporating movement into learning—like encouraging children to make patterns with their body movements—can allow children to grasp new concepts more easily.

## **5** *It improves social and emotional skills.*

Exercising with other kids in organized sports and other group activities lets kids develop cooperation, problem-solving, and conflict resolution skills.

## **6** *It boosts confidence.*

Learning—and getting good at—new kinds of movement helps kids feel good about their abilities and more able to take on other challenges.

## **7** *It calms the body and reduces stress.*

Exercise like yoga and stretching give children a chance to relax their bodies and focus their minds.

## **8** *It channels children's natural energy.*

Children have a lot of energy. Exercise allows them to use and release this energy in healthy, fun ways so that they can better focus at other times during the day.

## **9** *It feels great!*

Exercise can feel good in both our bodies and our minds. In fact, research shows that it improves children's (and adults'!) moods.

## **10** *It lays the foundation for a healthy and happy life.*

Making exercise an everyday thing at an early age sets kids up for a lifetime of healthy habits.



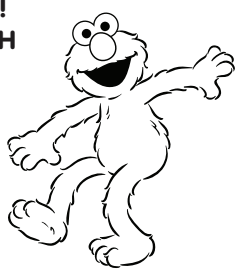
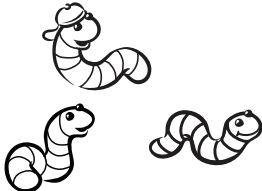
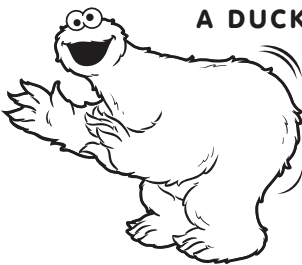

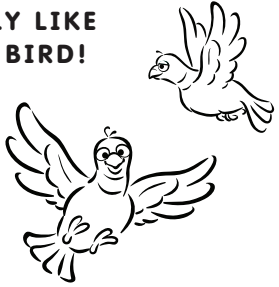











These are all great reasons for adults to move, too... and healthy habits begin with you!

# 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!

<p><b>JUMP! TOUCH YOUR TOES!</b></p>  <p>TM/ © 2016 SESAME WORKSHOP</p>	 <p><b>WIGGLE LIKE SLIMEY!</b></p> <p>TM/ © 2016 SESAME WORKSHOP</p>	<p><b>WADDLE LIKE A DUCK!</b></p>  <p>TM/ © 2016 SESAME WORKSHOP</p>	<p><b>DO A SILLY MONKEY DANCE!</b></p>  <p>TM/ © 2016 SESAME WORKSHOP</p>
<p><b>FLY LIKE A BIRD!</b></p>  <p>TM/ © 2016 SESAME WORKSHOP</p>	 <p><b>STOMP! STOMP! STOMP!</b></p> <p>TM/ © 2016 SESAME WORKSHOP</p>	 <p><b>JUMP UP! TWIRL AROUND!</b></p> <p>TM/ © 2016 SESAME WORKSHOP</p>	 <p><b>SHAKE, SHAKE, SHAKE YOUR SILLIES UT!</b></p> <p>TM/ © 2016 SESAME WORKSHOP</p>
 <p><b>PRETEND TO PLAY YOUR FAVORITE SPORT!</b></p> <p>TM/ © 2016 SESAME WORKSHOP</p>	 <p><b>DO FIVE FROG LEAPS!</b></p> <p>TM/ © 2016 SESAME WORKSHOP</p>	 <p><b>DANCE FAST!</b></p> <p>TM/ © 2016 SESAME WORKSHOP</p>	 <p><b>HOP LIKE A BUNNY!</b></p> <p>TM/ © 2016 SESAME WORKSHOP</p>
 <p><b>DANCE LIKE JUMPING BEANS!</b></p> <p>TM/ © 2016 SESAME WORKSHOP</p>	 <p><b>KICK YOUR LEGS!</b></p> <p>TM/ © 2016 SESAME WORKSHOP</p>	 <p><b>STRETCH UP HIGH... TRY TO TOUCH THE SKY!</b></p> <p>TM/ © 2016 SESAME WORKSHOP</p>	<p><b>CLOSE YOUR EYES AND TAKE FIVE DEEP BREATHS.</b></p>  <p>TM/ © 2016 SESAME WORKSHOP</p>

# 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 \_\_\_\_\_! \_\_\_\_\_!

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



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

