

ACTIVE STORIES

Goals: Children will follow directions and move their bodies in different ways while acting out a story.

Fundamental Movement: Locomotor/Stability (stretching, jumping, jogging in place)

Materials:

- Carpet squares, floor spots, or hula hoops
- Active Story (on page 77), or one of your own books/stories

Set Up:

Continue using same set-up as previous activity, or use set-up described on page 72.

How to Play:

- You may use the short story included on the next page, or use one of your own books and invite children to act it out with you.
- Show children your story (if using the one on page 77).
 - *“Do you see any pictures on this story? (no) What are we going to do about that? We are going to act out the story using our bodies!”*
- Read and act out the story, being sure to act out the bold and capitalized words in the story. Invite children to act it out with you. You may change up the words and actions to keep children engaged.
- Finish story by asking children to sit, and take in a few deep breaths to cool-down.
- Ask them to feel their heart beat.
 - *“What is this called when our heart beats fast? (playing hard or exercising). What is the best thing to drink when we have been playing hard? (water)”*



ACTIVE STORIES

Active Story: Hiking for Fitness

Source: Healthy Story Time Guide (Sussex Child Health Promotion Coalition and Nemours Health and Prevention Services)

Eric and Christina were going hiking in the mountains for the weekend with their parents. When Christina heard the news, she **JUMPED UP AND DOWN 10 TIMES**. Eric was **DRIBBLING THE BASKETBALL** when Christina came to tell him the good news. Their parents reminded them that they needed to be in good shape to go hiking. After packing, Eric and Christina did **10 JUMPING JACKS** and **10 SQUATS**. This really got their heart beating faster! They finished by **STRETCHING THEIR ARMS UP TO THE SKY** and **STANDING ON THEIR TOES**. Finally, it was time to leave. They were so excited they **HOPPED IN PLACE AND DID HIGH KNEE RAISES** all the way to the car!

Once they got to the nature park, Eric and Christina **SKIPPED** to the hiking trail. They began **MARCHING UP** the trails and **RAN DOWN** the hills on their way to the big mountains. After their good workout from **CLIMBING, RUNNING and WALKING**, they decided to take a little break. They did **FIVE FORWARD ARM CIRCLES, FIVE BACKWARD ARM CIRCLES and STRETCHED THEIR ARMS TO THE SKY** to reach for the water bottles they had packed. After a short break, Eric and Christina's parents said they should begin to **WALK** back down the trail. They all did **FIVE SHOULDER SHRUGS**, picked up their backpacks and began **MARCHING** down the mountain.

When they got to the bottom of the hill, everyone **JUMPED UP AND DOWN and CLAPPED THEIR HANDS ABOVE THEIR HEADS** for a job well done. The family worked up an appetite after keeping their bodies moving, so they had a nice healthy BBQ. After they finished dinner, the family **STRETCHED THEIR ARMS TO THE SKY**, did **FIVE TRUNK TWISTS, AND STRETCHED OUT THEIR LEGS**. After a good night's rest, they will be ready to hike again tomorrow.