

CAILLOU GETS IN SHAPE

Caillou and his friends and family are having fun getting into “shape”. Can you see yourself and family trying some of these fun activities?

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Pages: 11

Ages: Preschool

Themes: Exercise; rhyming; color identification

Have some fun with Caillou and his family and get your kids aware of how much fun it is to be in good physical shape. By using music and a simple rhythm, exercising becomes fun and a great way to express our own style. Take turns having a leader and have everyone “follow” with the same movement. This shows kids that it’s fun to lead and take turns.

Sometimes physical exercise can make people feel better when they are frustrated. Examples of movements:

- raise their hands over their head;
- lift their knees as if marching;
- make circular movements with arms;
- touch their heads, shoulders and toes;
- twist from side to side;
- jump with one or two feet.

Each bright and colorful page in this book has words that rhyme. After you’ve read through the book at least once, go through it again and talk about some other words that sound like the rhyming words.