

WE CAN DO MOST ANYTHING

Hop and skip and bounce a ball – I’m going to try to do it all!

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Ages: Toddler – 4 years

Themes: Creating healthy habits

Healthy habits can never start too early. Childhood obesity can be a result of not-so-great eating habits and lack of exercise so let’s get started creating some fun ways to exercise with your kids. Keep in mind that a small child has accomplished allot when he/she stands on one foot or jump with both feet coming off of the floor!

Make sure that you do these exercises along with your child. Kids love to imitate what Mom and Dad do.

- stretch your hands and arms high in the air, stand on your toes and reach for the sky;
- hop up and down on two feet;
- use your eyes to look up, then down, then from one side to the other;
- use your voice to sing a loud song and then a very quiet one.

If your family likes music, try “working out” with some of your favorite tunes. Going for a walk is good for all of you. It gives you the opportunity to see what’s going on in the neighborhood plus helps everyone feel better, eat better and sleep better. Have fun!!