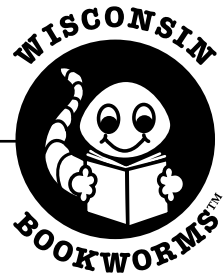


# Activity Sheet



## "Bearobics"

By Vic Parker and Emily Bolam

The familiar words and music of this favorite song are illustrated with brilliant colors and happy energetic animals.

**Before you read this book:** Talk about exercise and how it makes you healthy. What are some of the children's favorite ways to exercise? How do they dress to exercise? (sledging vs. hiking vs. swimming) How often should they exercise? (every day!)

**While you read this book:** After reading each page, have them count the animals with you.

**After you read this book:** Have the kids stand up, go back through the book, and show you each "move" the animals do — hop and bop, shoulder shimmy, hippy-hippy shake, slide to the side, etc.

**Try this at home:** Rent/reserve an aerobics video from the library. (The ones from the 80s have fun music, crazy clothes and a great beat.) Pop it in and you and your children can exercise along.

**F.Y.I.** According to the National Association of Sports and Physical Education, each day 3-year-olds should: 1) get at least 30 minutes of structured physical activity that is adult-led, 2) get at least 60 minutes of unstructured physical activity or free-play, and 3) not be inactive for more than 1 hour at a time, except while sleeping.

**Additional activities:** For more information, go to [www.letsmove.gov](http://www.letsmove.gov) and click on Get Active. Read related books by H. A. Rey: "Curious George at the Baseball Game," "Curious George Goes to the Beach," "Curious George Rides a Bike."