

What's in a Move?



**Do you scurry around like a chipmunk,
or move slowly like a sloth?**



**Do you wiggle like a penguin,
or do you hop like a kangaroo?**



Animals of all shapes and sizes move around in many different ways, using different body parts to help them—legs, fins, flippers, wings, tails, and so on. You are an animal too! How do you move?



We have many different ways that we can choose to move!

Do you know what moving does for your body?



Moving boosts your energy and helps strengthen your bones and muscles.



And moving gives you brainpower!

When you move, you get your heart pumping, which sends blood and oxygen to your brain. This helps your brain do a better job of thinking and learning.





**Movement does not
have to be exercising.
Just be active—and
make it fun!**

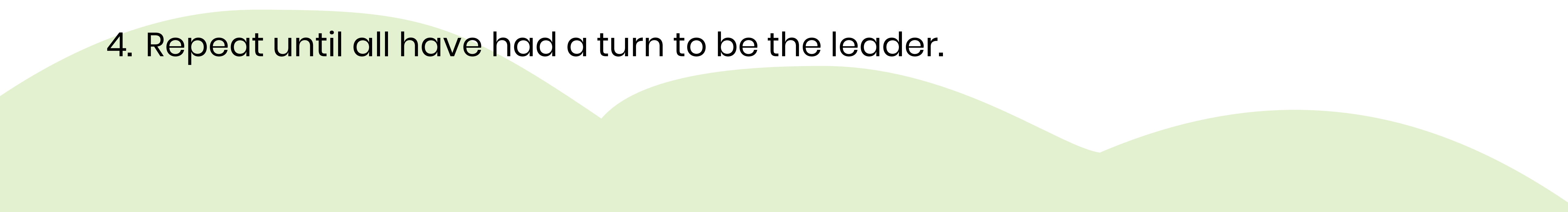


WHAT DOES MOVING YOUR BODY DO FOR YOU?



Here's a great way to move! Do it inside as a brain break or outside as a new playground game:

Follow the Leader

1. Line up in groups of five or six. Determine your starting and stopping place—a spot across the room or on the playground.
 2. One person is the leader and calls out animal actions for the line to follow. Call out actions like: walk like a crab, jump like a rabbit, fly like an eagle, etc.
 3. Keep doing the actions over and over until the leader calls out another. When you get to your stopping place, the next person in line becomes the leader.
 4. Repeat until all have had a turn to be the leader.
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