



♥ HEALTHY START FITNESS ♥
ACTIVITY 12

Story Time



- Explain to the children that you will be telling them a story and that they will be acting out some of the movements in the story.
- Have the children feel their heartbeat.
- Clear a space for the children to move around. Have them stand and tell the story while the children move.

The other day I was taking a walk (have the children walk in place) in the park. I was walking and walking and walking when, all of a sudden, I saw a lake. So I started swimming. (Have children move their arms like they are swimming.) At the other end of the lake, I saw a hill. So I started climbing. (Have the children walk with more effort, using their arms to "climb.") I was climbing and climbing and climbing, I had to hop over a log. (Have the children hop over a pretend log.) Then, I climbed some more. I had to crawl under a bush. (Have the children squat down.) Finally, I got to the top of the hill and I looked around. (Have the children look around.) I saw a tree that looked like a good tree to climb. So, I climbed up the tree. (Have the children mimic

Healthy Weight in Preschool Children, CMU Public Broadcasting, 1-800-727-9268

Activity from Healthy Start, www.healthy-start.com