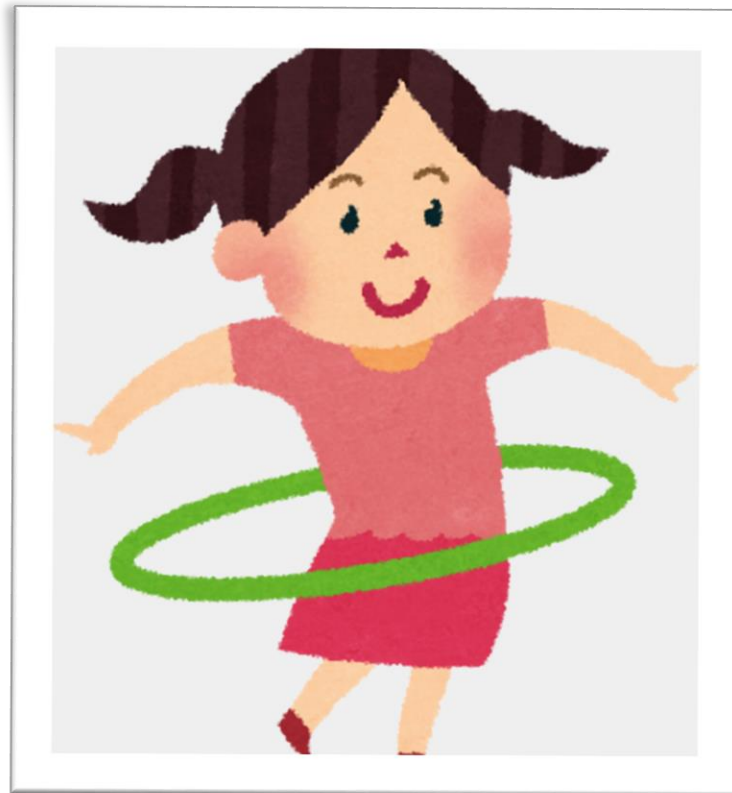




Miss Panda's Books

Exercise



Written by Amanda Tsigonias



Miss Panda's Books

Miss Panda's Books Series helps children learn about plants, animals, and how to care for them. We teach the basic traditional knowledge of being self-sufficient by growing your own food and making healthy choices. Each book in every set will educate your child on a subject related to the set topic, and you can find a fun craft idea on the last page. We hope these books will bring your children wisdom and joy!

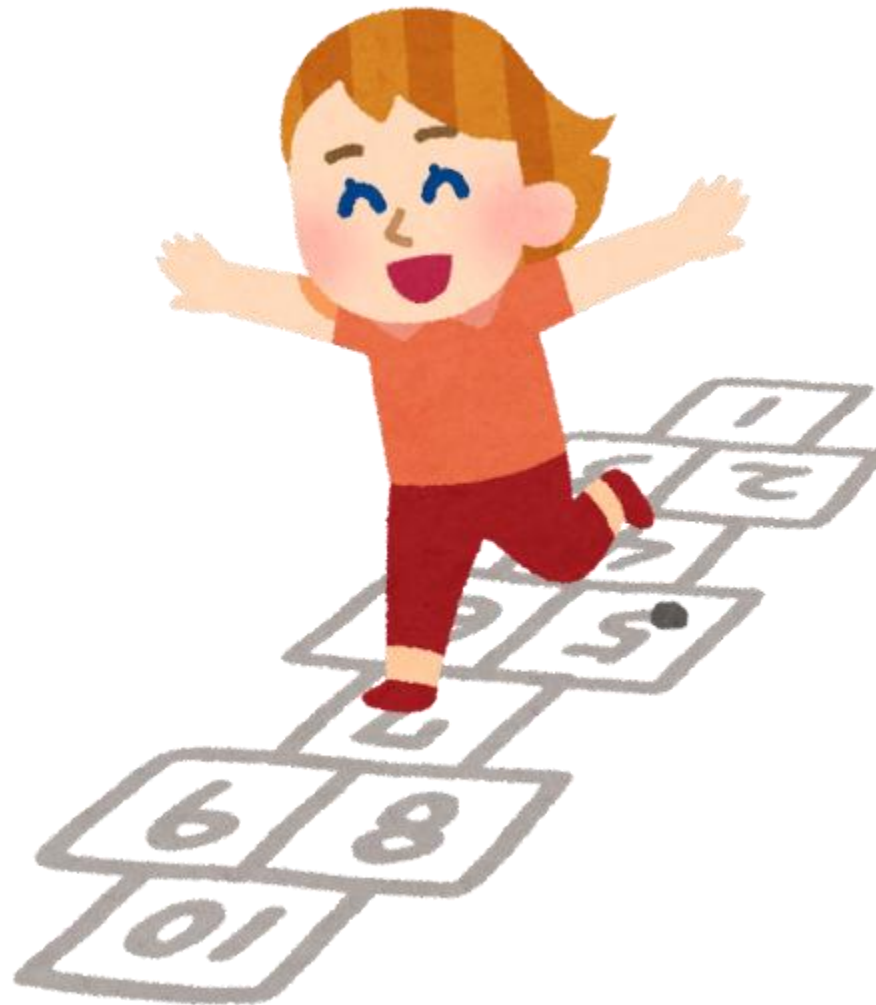
Did you know our bodies need 60 minutes of exercise each day?
That seems like a lot, but a little bit at a time can add up.
There are many ways you can exercise throughout the day.



In the morning, you can start your day with stretching or yoga. Walk the dog, dance in the living room, or ride your bike to school. These are great ways to get your body moving.



During school, use your P.E. or recess time to move and exercise.



After school, you can join a sport or play with friends. Sports are great exercise. Sports like soccer and tennis are fun!



If you like watching television after school, take a dance break during each commercial. Get up and dance until your show comes back on. After your show, go for a walk with a grownup.



Exercise Freeze Dance Activity

Supplies:

- Music
- A few friends
- A grownup
- Plenty of space to dance

Directions:

1. Have a grownup control the music.
2. You and your friends should spread out, so you don't bump into each other.
3. Once the music starts, dance!
4. If the music stops, you must freeze.
5. The first person to move is out.
6. The remaining players will dance when the music starts again, and freeze when it stops, eliminating a player each time.
7. Play until only one player is left. This is the winner of the freeze dance!