

In the Classroom, On the Playground & At Home



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In my classroom early in the day, I take one (1) long stretch!



It makes me more flexible and keeps me healthy that way.

Out on the playground in the middle of the day, I pedal hard with my two (2) feet!



It strengthens my muscles, hardens my bones and keeps me healthy that way.

Out on the playground in the middle of the day, I run across the field three (3) times!



It strengthens my heart and lungs, and keeps me healthy that way.

Back in the classroom
later in the day, I do four
(4) jumping jacks!



It helps my brain and body
communicate and keeps me
healthy that way.

Back at home at the end of the day I take five (5) deep breaths.



I work my lungs, calm my body and it keeps me healthy that way.