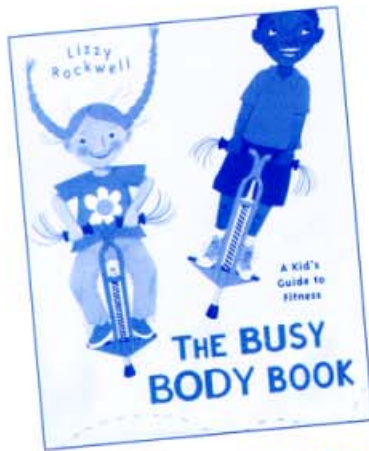


# Host an Energetic Busy Body Event!

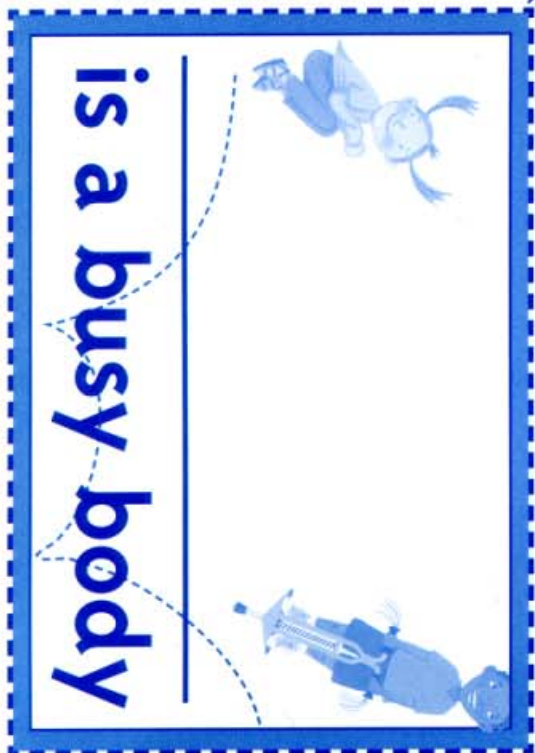


## THE BUSY BODY BOOK: A Kid's Guide to Fitness by Lizzy Rockwell

ISBN: 0-375-82203-8 • \$15.95/\$21.95 Can.  
GLB: 0-375-92203-2 • \$17.99/\$26.99 Can.

## Busy Body Badge

Photocopy this certificate for the number of children at your event and have the kids fill out the badge below.



Reproducible!

Encourage children to be fit by hosting an action-packed story time—featuring **The Busy Body Book**—that makes every child want to move!

## A Special Action-Packed Story Time

Read excerpts of THE BUSY BODY BOOK to your audience, and make it an interactive story time by interspersing exercises with the reading. Have the children swing their arms, show their muscles, bounce up and down, stomp their feet, and get their blood pumping!

## Questions to ask the Children:

- How do you get busy?
- What sports do you play?
- Do you like to dance?
- How do you feel after you've played or exercised? Tired? Happy? Excited?

Use the grid of activities pictured on pages 30–31 to spark a discussion of kids' favorite ways to move.

Healthy Snack Suggestions: Carrot Sticks, Celery, Apples, Milk, Raisins

## Be a Busy Body

Exercise can be fun as well as informative. Have children stand in a circle and sing a song that keeps them active, such as "The Hokey Pokey"—which teaches them right from left and keeps them moving—or "Head, Shoulders, Knees, and Toes"—which teaches kids the different body parts and how they connect to one another to help them stay active!

### Hokey Pokey

You put your right hand in,  
You put your right hand out,  
You put your right hand in,  
And you shake it all about,  
You do the hokey pokey  
and you turn yourself around  
That what it's all about.  
(Now repeat, but use the  
body parts below.)

- left hand
- right foot
- left foot
- butt
- head
- whole self

### Head, Shoulders, Knees, and Toes

Head, shoulders, knees, and toes,  
Knees and toes.  
Head, shoulders, knees, and toes,  
Knees and toes.  
And eyes, and ears, and mouth,  
And nose.  
Head, shoulders, knees, and toes,  
Knees and toes.  
(Repeat)

Place both hands on parts of body as they are mentioned. For second time, speed up, getting faster with each verse.