What Physical Activities Do Sneakers and His Friends Do? Lesson Idea

Objective
- Learn that the heart needs to work hard and rest

Prepare
- Download and print Big News! Straight From the Heart story

Materials
- Big News! Straight From the Heart; drawing paper

Explore

1. Read the entire Big News! story to children. As you read, build interest in the plot by asking children to predict an upcoming event. When you ask "What do you think will happen next?" follow up with "Why?" Point out that some animals are doing different physical activities. What are the spiders doing? What is Curly the lamb doing? Can you think of a physical activity that Ponytail and Cubby might do? What kinds of physical activities do you like to do?

2. Ask children to think of other physical activities that Mr. and Mrs. Legs and their little spiders might do together. Invite children to draw a picture of the spider family or Curly and friends doing one of the suggested activities. Children might also illustrate a new book showing all of the characters doing different physical activities. Title it Sneakers and Friends on the Move!

3. Explain that physical activities can be done all year round. Review the seasons by asking children to describe what it is like outside in the winter, spring, fall and summer. What can Sneakers do to stay physically active in the winter? In the summer? Do you do different physical activities at different times of the year? Have children draw pictures of Sneakers doing different physical activities in different seasons. Display the pictures grouped by season.

What Physical Activities Do Leonardo and His Friends Do? Lesson Idea (Spanish)

¿Qué actividades físicas hacen Leonardo y sus amigos?

Objective
- Learn that the heart needs to work hard and rest.

Materials
- ¡La gran noticia! Directo desde el corazón; drawing paper

Explore

1. Read the entire ¡La gran noticia! story to children. As you read, build interest in the plot by asking children to predict an upcoming event. When you ask "What do you think will happen next?" follow up with "Why?" ¿Qué creen que va a pasar ahora? ¿Por qué? Point out that some animals are doing different physical activities. Los animales están haciendo diferentes actividades físicas. What are the spiders doing? ¿Qué están haciendo las arañas? What is Lanitas the lamb doing? ¿Qué está haciendo la oveja Lanitas? Can you think of a physical activity that Pasofino and Osi might do? ¿Se les ocurre una actividad física que Pasofino y Osi puedan hacer? What kinds of physical activities do you like to do? ¿Qué actividades físicas les gusta hacer a ustedes?

2. Ask children to think of other physical activities that el señor and la señora Titiritaña and their little spiders might do together. ¿Qué otras actividades físicas pueden hacer juntos el señor y la señora Titiritaña y sus arañitas? Invite children to draw a picture of the spider family or Lanitas and friends doing one of the suggested activities. Hagan un dibujo de la familia Titiritaña [de Lanitas y sus amigos] haciendo una de las actividades que dijeron. Children might also illustrate a new book showing all of the characters doing different physical activities. Ahora hagan dibujos para otro libro que muestre todos los animales haciendo diferentes actividades físicas. Title it Leonardo and His Friends in Action! El título del libro va a ser ¡Leonardo y sus amigos en acción!
3. Explain that physical activities can be done all year round. *Las actividades físicas se pueden hacer todo el año.* Review the seasons by asking children to describe what it is like outside in the winter, spring, fall and summer. *¿Cómo es el invierno? ¿Y la primavera? ¿Y el verano? ¿Y el otoño?* What can Leonardo do to stay physically active in the winter? *¿Qué puede hacer Leonardo para mantenerse activo en el invierno?* In the summer? *¿Y en el verano?* Do you do different physical activities at different times of the year? *Hacen ustedes diferentes actividades físicas en cada temporada del año.* Have children draw pictures of Leonardo doing different physical activities in different seasons. *Dibujen a Leonardo haciendo diferentes actividades físicas en diferentes estaciones del año.* Display the pictures grouped by season.