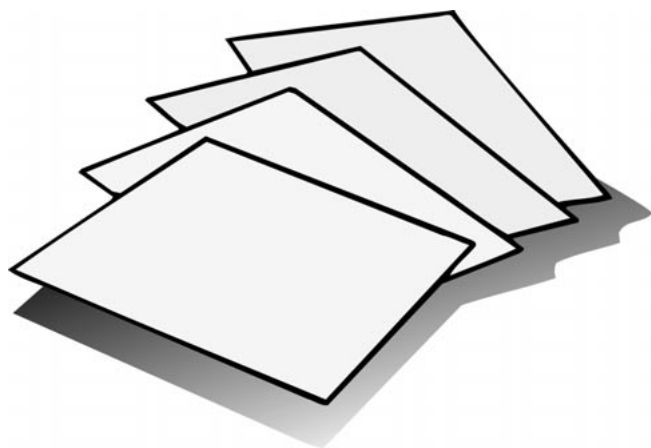


Exercise Changes You

WHAT YOU NEED



crayons



paper

Find Out

Do this activity to find out how exercise can change you.

Process Skills

Observing

Inferring

Communicating

Predicting

Time

- 10 minutes a day for two weeks

WHAT TO DO

1. Choose an exercise or skill to learn. It could be jumping rope, dancing, stretching, playing a sport, or something else you want to learn.
2. **Observe** as someone shows you how to do it.
3. Practice every day. Fill in the Practice Log.



Practice Log

Put a check mark in the box each day you practice.

Draw what you did.



Conclusions

1. What new skill did you learn?

2. How did practice change you?

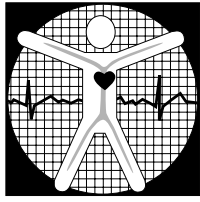
New Questions

1. How do you think more practice would change you?

2. Ask a new question you have about exercise.



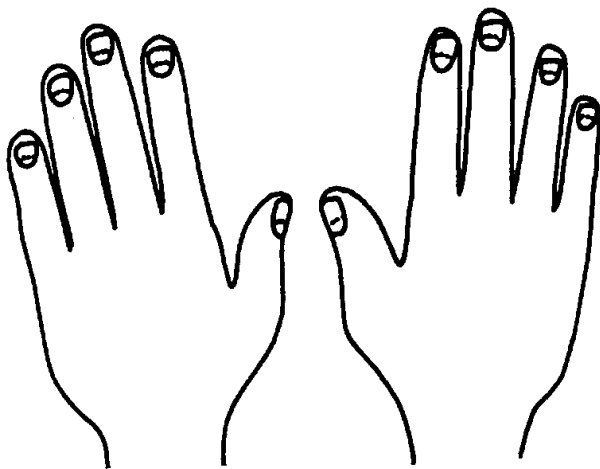
Name _____



ACTIVITY

How Dirt and Germs Spread

How will your partner's hand look?
Circle the picture that shows
your prediction.



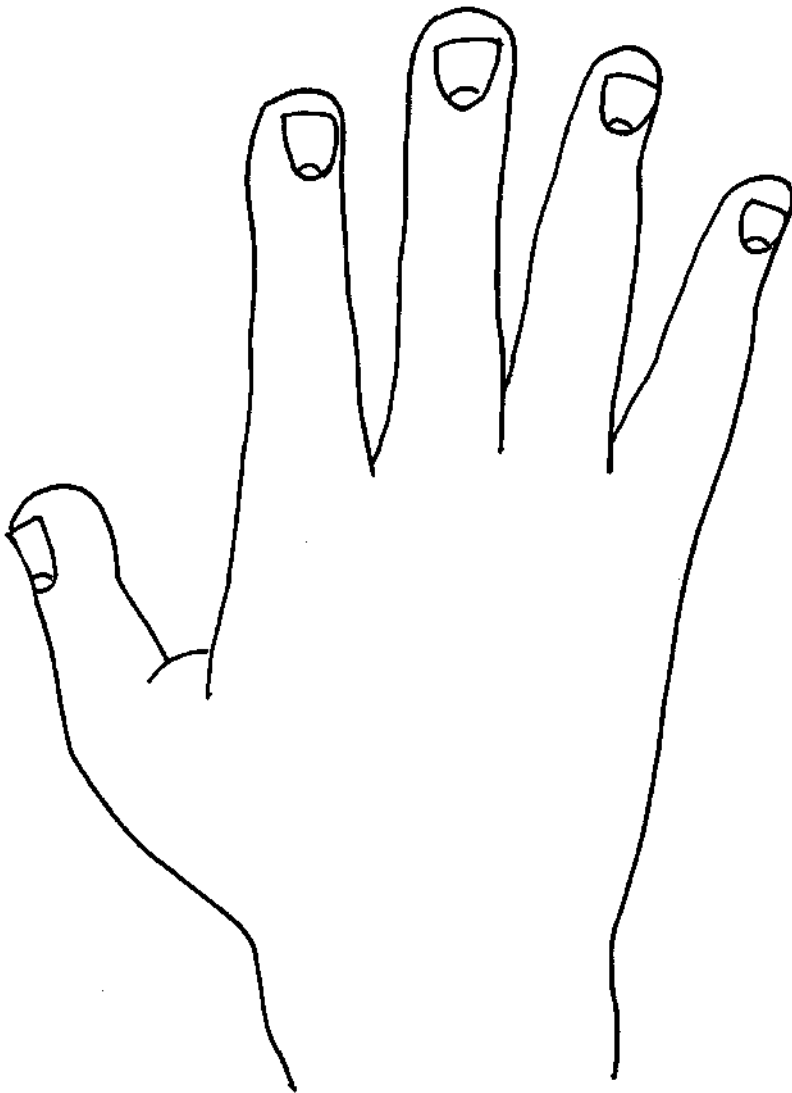
Activity Journal

Lesson 1 • Staying Clean

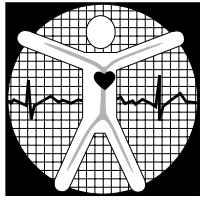
Name _____

What happened to your partner's hand when you touched it?

Show what happened on this picture.

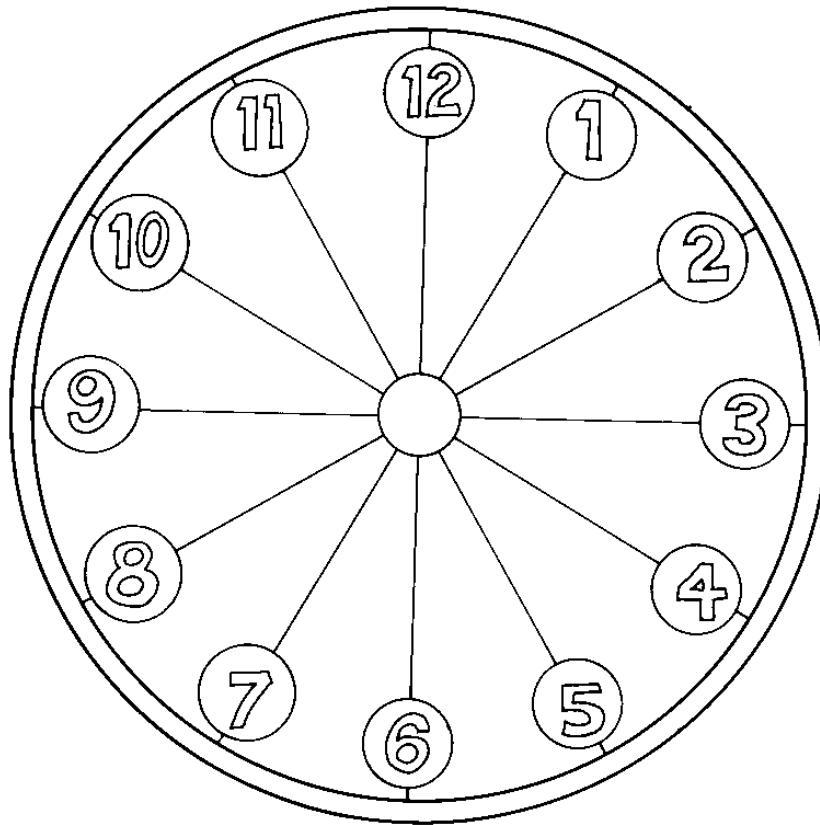


Name _____



ACTIVITY

Keeping Track of Sleep



Color the circle with the hour you went to sleep.
Use a green crayon.

Color the circle with the hour you woke up.
Use a red crayon.

Color all the hours in between. Use a red crayon.

Activity Journal

Lesson 2 • Sleep

Name _____

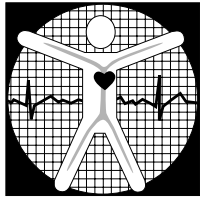
What time did you go to sleep?

What time did you wake up?

Look at the clock you drew. How many hours are colored red?

How many hours did you sleep?

Name _____

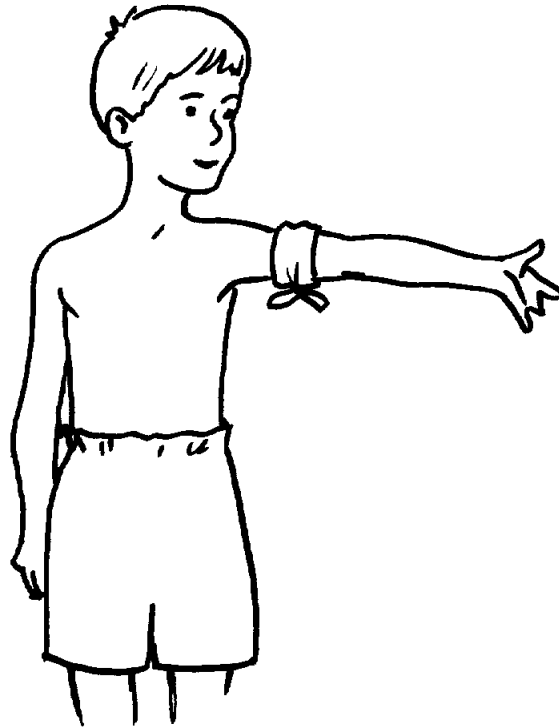
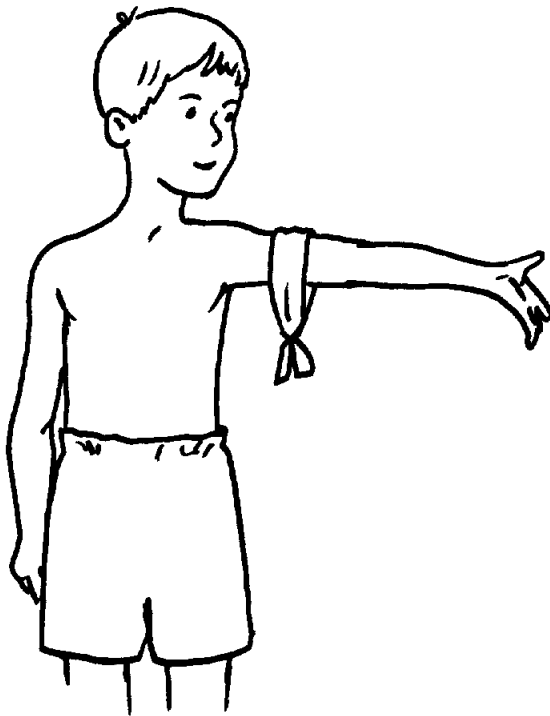


ACTIVITY

How Muscles Work

What happens to the ribbon?

Circle the picture.



Activity Journal

Lesson 3 • Exercise

Name _____

What happens to the ribbon?

Circle the picture.

