

The Busy Body Book

A RIF GUIDE FOR COMMUNITY COORDINATORS

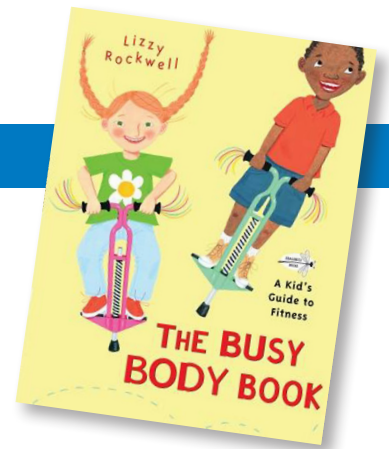
Themes: Physical Fitness, Health, Exercise

Grade Level: K to 2nd grade

Book Brief: Learn all about the parts that make up our bodies—and how important it is to keep them busy!

**Author and
Illustrator:**

Lizzy Rockwell



TIME TO READ!

Before reading: What does it mean to have a busy body? How many different ways are there to be busy? Ask children what sports or activities they enjoy that keep them busy. Why are those activities important?

RELATED ACTIVITIES

MUSCLE FUEL MUNCHIES (AGES 5-12)

Ingredients: oat cereal, raisins, dried fruit, cheese crackers, water bottle

Combine 1/4 cup of each ingredient in a plastic bag and shake well. Take the muscle fuel munchies and a bottle full of water along on a group exercise activity!

PUMP IT UP! (AGES 5-12)

What's a heart rate? Show children how to take their resting heart rate by feeling the pulse point on their wrist or neck and counting for 30 seconds; record results. List these three activities: 30 jumping jacks, 30 toe touches, and 30 seconds running in place. Have children discuss and rate which one they think will increase their heart rate the

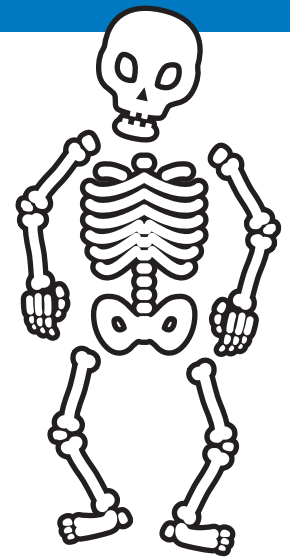


most. Do one activity, then measure and record heart rate again. Relax and recover. Repeat the procedure with the next two activities. Which activity caused the heart to pump fastest? Was it the same for all children?

BUILD A BODY RELAY (AGES 5-9)

Materials: 2 or more paper skeleton decorations, scissors, sticky tack or tape

Cut up each paper skeleton at the major joints. Place the pieces in two piles. Divide children into teams and time them to see which team can reassemble their skeleton fastest. Use sticky tack to connect the pieces so they can be rearranged if needed.



ADDITIONAL RESOURCES

OTHER BOOKS BY THIS AUTHOR

Good Enough to Eat (2009), *Hello Baby!* (2000), *Apples and Pumpkins* (2012).

TECHNOLOGY LINK FOR KIDS

www.rif.org/kids



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