

The Busy Body Book

A RIF GUIDE FOR PARENTS AND FAMILIES

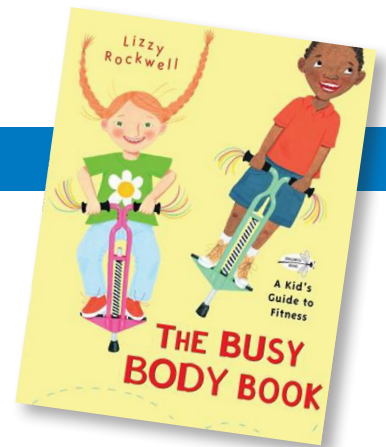
Themes: Physical Fitness, Health, Exercise

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:**

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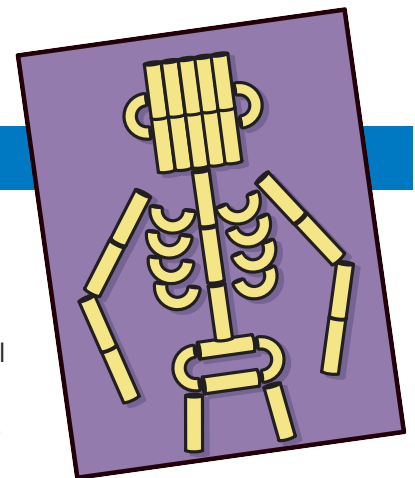
TIME TO READ!

Before reading, make connections: How do you keep your body busy? What sports or activities do you like the most?

After reading, ask questions:

- ◆ Why is water so important for our bodies?
- ◆ What do bones do for our bodies?
- ◆ What role does your brain play?
- ◆ Why is it important to be active?

While reading, look at the pictures: Notice how many different ways there are to exercise. Playing a sport isn't the only way to stay fit!



RELATED ACTIVITIES

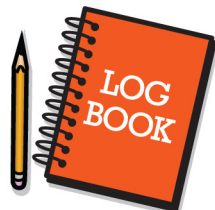
MUSCLE FUEL MUNCHIES

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

Combine 1/4 cup of each ingredient in a plastic bag; let your child help you measure. Shake well. Take the muscle fuel munchies and a bottle full of water with you the next time you go out to play hard!

LOG ON

Start an activity log to keep track of all the physical activity you do in a week. Write down all the things that keep your body busy and how much time you spend doing them every day. At the end of the week, look at your log. How busy is your body? Remember that it's important to be active, but also to give ourselves plenty of time to rest!



BITS AND BONES

Materials: different types of pasta, cardstock, glue, pencil

Outline a body part (hand, foot, face, etc.) on the cardstock. Use the pasta to create a skeleton of that particular body part. How does the pasta compare to your real bones? Which do you think is stronger?

TECHNOLOGY LINK

Visit www.kidnetic.com for great games and recipes to keep your kids moving and healthy!

Go to www.pbs.org/parents/sid/activities.html#muscleinvestigation for a fun muscle activity.

ADDITIONAL RESOURCES

OTHER BOOKS BY THIS AUTHOR

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



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