The theme for this summer’s national reading program is Wellness, Fitness and Sports. It’s important for your child to be healthy and active. Children’s health and well-being affects how well they are able to learn and develops the skills they’ll need to be successful in school.

Take time to go to the park and bring books with you for an outdoor storytime. Make reading bedtime stories a family tradition and sing songs as you walk around your neighborhood. Play games with your child so they learn to follow directions, take turns, and exercise their bodies.

There are many great children’s books with a nutrition theme. Check some out from your local library as you talk about healthy eating with your child and try new foods. Be sure to sign your children up for summer reading at the library. Programs are free!

Keep busy and active this summer, and get “On Your Mark, Get Set, Read!”

**Read**

*The Busy Body Book,* by Lizzy Rockwell

Bodies are amazing! Bodies are made to move— to jump, twist, run, and think. In this book, the author uses kid-friendly language to explain to young children how their muscles, bones, brain, lungs and heart all work together to keep them on the go.

Other books by this author:

*Plants Feed Me*  
*Good Enough to Eat*

**Choose Books**

More books to teach about health and exercise...

*A Stick Is an Excellent Thing: Poems Celebrating Outdoor Play*, by Marilyn Singer

*How Did That Get in My Lunchbox?: The Story of Food*, by Chris Butterworth

*The Vegetables We Eat*, by Gail Gibbons

*Rah, Rah, Radishes*, by April Pulley Sayre

*Stretch*, by Doreen Cronin

*Froggy Plays Soccer*, by Jonathan London
Talk with your child about healthy eating habits. ChooseMyPlate.gov is a program that gives guidelines about nutrition for children and adults. They recommend that ½ of your plate should be vegetables and fruits, ¼ of the plate should be grains, ¼ of the plate should be proteins, and children should drink 1 cup of milk with each meal. The website not only has information, but activities you can do with your child. Check it out: www.choosemyplate.gov/

Include your child in meal planning and preparing grocery lists. This will provide them with natural opportunities to read and write— as well as teaching them about nutrition and budgeting. According to their skill level, they can dictate the food items to you to write, or they can write them on their own. Invented spelling is ok!

We Can
(Match actions to words)
We can hop, hop, hop,
We can bop, bop, bop,
We can flop, flop, flop,
We can stop, stop, stop.
We can nod our heads, “yes,”
We can shake our heads, “no,”
We can bend our knees a tiny bit
And sit down and touch a toe.


Hokey Pokey
You put your right foot in,
You put your right foot out,
You put your right foot in
And you shake it all about.
You do the Hokey Pokey
And you turn yourself around,
That’s what it’s all about!

Continue with left foot, right hand, left hand,
belly, head, and whole body.

You can hear the tune at www.thelearninggroove.com
Search the song titles list

At your library...
You can read hundreds of free online books with your child by visiting your local library’s website and clicking on Tumblebooks™.