Dear Families,

Young children are in nearly constant motion! Moving makes children feel capable and confident, releases tension, and builds strong bodies and minds. Children’s love of movement will make this study of exercise very exciting! We’ll try many types of exercise, watch other people exercise, find out how bodies move, and learn what our bodies need to move and exercise.

We need your help to get our study moving! If you can, we’d love your help in gathering items to investigate. We’ll need many different objects and pictures related to exercise. Below is a list of suggested items, but you may also send others not on the list that you think may add to our exploration. Please label all items with your name so we can return them to you at the end of our study. We promise to take good care of them!

**Equipment/Objects:**

**Balls Hand Weights (up to 2 lbs) Stretching Bands Exercise Mats**

**Jump Rope Scarves for Dancing Abdominal Wheel Frisbees**

**Helmets/safety equipment Uniforms Foam Rollers for Stretching**

**Sports-related: footwear (cleats, ballet slippers, cycling, shoes, etc.)**

**Pictures:**

**Walking/running Climbing Dancing/leaping Gymnastics Tennis/badminton**

**Canoeing/rowing/kayaking Kite flying Sledding Hopping/jumping**

**Catching/throwing Swimming/diving Ice/roller skating Volleyball/soccer**

**Gardening/yard work Skiing/snowshoeing Stretching/bending/yoga**

**Lifting weights Playing Frisbee Horseback riding Jumping Jack Cheerleading**

**Football/baseball/basketball Bicycling Push-ups/pull-ups**

As we study exercise, we will learn concepts and skills in physical development, literacy, math, science, social studies, the arts, and technology. We’ll also develop thinking skills as we observe, investigate, ask questions, solves problems, make predictions, and test our ideas.

**What You Can Do at Home:**

Talk with your child about exercise and do a few exercises with your child each day. Point out when you notice people in your community exercising. Help your child keep a daily exercise chart. Create a list together of your family’s favorite exercises. As you read books with your child, notice and talk about the character’s physical movements.