

Name \_\_\_\_\_

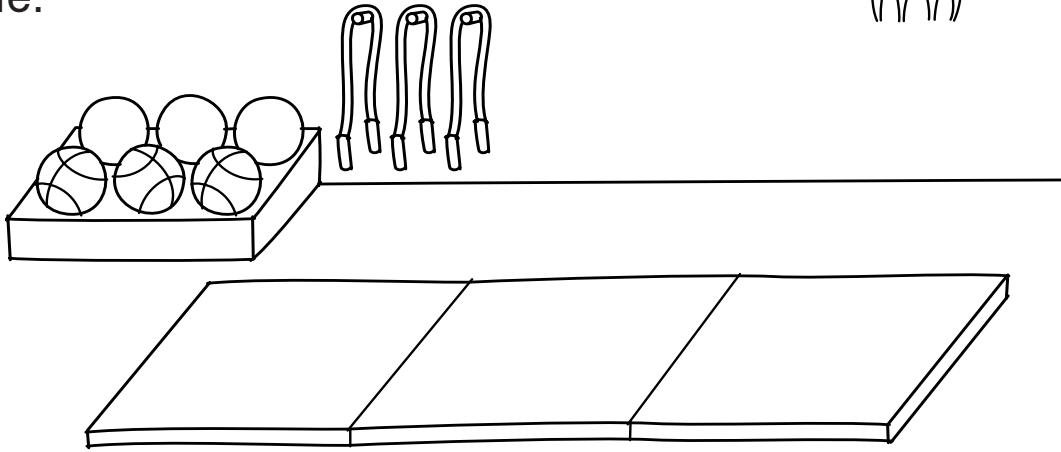
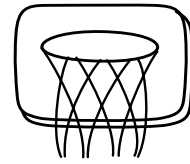


**Explore  
Activity**

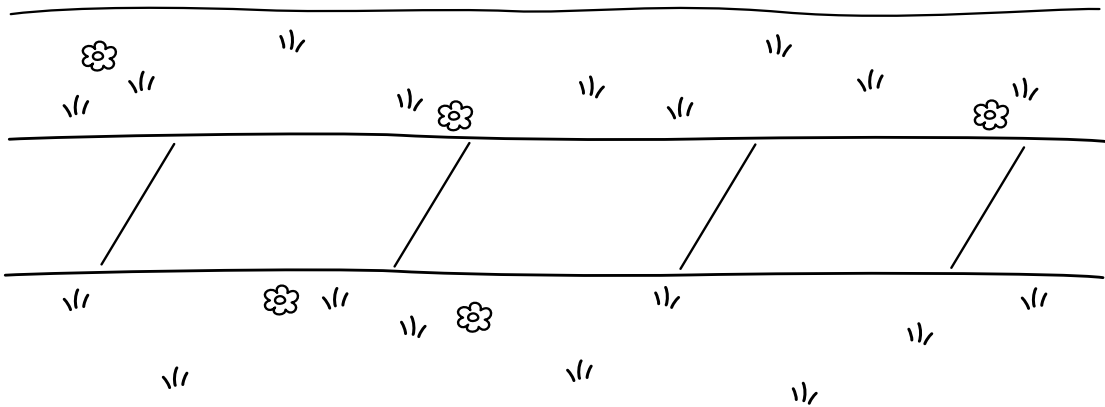
## Ways to Exercise

Draw.

Write.



I like to \_\_\_\_\_.



I like to \_\_\_\_\_.



**Notes for Home** Your child drew and wrote about favorite ways to exercise indoors and outdoors.

**Home Activity:** Have your child keep an exercise log for a week by drawing pictures showing how he or she exercised.