



## Active Reading!

Reading is good for children's minds — but it can also be good for their bodies! This is a great chance for you to do physical activity with your child. It will also help to show the importance of reading. All of these books can be checked out from the Shasta County libraries in Redding, Anderson, or Burney.

**READ:** *Brown Bear, Brown Bear, What Do You See?* By Eric Carle/Bill Martin

**ACTIVITY:** Have your child choose his or her favorite animal and move around the room pretending to be that animal. Have your child choose several different animals to imitate. You can extend the game by saying “I SEE, I SEE”, then your child says “WHAT DO YOU SEE?”. For example: “I see monkeys walking, I see birds flying, I see fish swimming”. Be creative and have fun!

**READ:** *The Berenstain bears and the big road race* by Stan and Jan Berenstain

**ACTIVITY:** Have children pretend to be in a car. They should get in, put on their seat belts, and start their engines. They should begin driving slowly and add speed. Have them try to drive in straight lines, curved lines, and zigzags. Remember to be a safe driver and use your horn ‘Beep Beep’ if someone is your space.

**READ:** *Barnyard Dance!* by Sandra Boynton

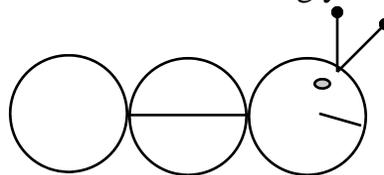
**ACTIVITY:** Ask your child what their favorite animal is. Can they make that animal sound? Can they move like that animal? Read this book and then join in the animals barnyard dance. Everyone will have fun!

**READ:** *From Head to Toe* by Eric Carle

**ACTIVITY:** Have children mimic different animal movements (galloping, hopping, jumping, running, etc). Then have children act out the movement in this book. Have a good time wiggling, stomping and thumping to this book!

**READ:** *The Very Hungry Caterpillar* by Eric Carle

**ACTIVITY:** Using sidewalk chalk draw three circles to represent a caterpillar. Inside the middle circle draw a vertical line. Have fun teaching your child how to play hopscotch!



**Read books from your child's home library & make up more fun games!**