

Get Moving!



Pam Schiller
illustrated by
Jose Ramos

When you're feeling slow,
When you have no "get up and go,"
Here is what you need to know.



Get moving!



When a friend wants to play,
Don't dawdle and delay.
Say, "Okay!"



Get moving!



When you are in a slump,
Don't be a grump.
Go run and jump.



Get moving!



When you have rainy day blues,
Don't sit inside and snooze.
Puddles can amuse.



Get moving!



When all your friends are busy,
Don't get in a tizzy.
Dance until you're dizzy.



Get moving!

When you feel you have no energy,
Don't sit and watch TV.
Go outside and climb a tree.



Get moving!

When Dad wants to play ball,
Don't hesitate. Don't stall.
Get up and grab a ball.



Get moving!



You can help your body grow healthy and strong,
And keep it healthy your whole life long, if you ...



Keep moving!



frogstreet

FSPK6117

www.frogstreet.com

All rights reserved. No part of this book may be reproduced or utilized in any form or by any means, electronic or mechanical including photocopying, recording, or by any information storage and retrieval system without permission in writing from the publisher.
Printed in China

