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- Flash Cards
- Stickers

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Monthly Goals

A *goal* is something that you want to accomplish. Sometimes, reaching a goal can be hard work!

Think of three goals that you would like to set for yourself this month. For example, you may want to exercise for 10 minutes each day. Have an adult help you write your goals on the lines.

Place a sticker next to each goal you complete. Feel proud that you have met your goals!

1. _____   PLACE STICKER HERE

2. _____   PLACE STICKER HERE

3. _____   PLACE STICKER HERE

Word List

The following words are used in this section. They are good words for you to know. Read each word aloud with an adult. When you see a word from this list on a page, circle it with your favorite color of crayon.

big	little
circle	same
color	shape
count	trace
draw	write

1

Introduction to Flexibility

At the end of this section are fitness and character development activities that focus on flexibility. These activities are designed to get your child moving and thinking about building her physical fitness and her character. Complete these activities throughout the month as time allows.

Physical Flexibility

Flexibility is usually understood to mean the ability to accomplish everyday tasks easily, like bending to tie a shoe. These everyday tasks can be difficult for people whose muscles and joints have not been used and stretched regularly.

Proper stretching allows muscles and joints to move through their full range of motion, which is key to maintaining good flexibility. There are many ways that your child stretches every day without realizing it. She may reach for a dropped pencil or a box of cereal. Point out these examples to your child and explain why good flexibility is important to her health and growth. Challenge her to improve her flexibility consciously. Encourage her to set a stretching goal for the summer, such as practicing daily until she can touch her toes.

Flexibility of Character

While it is important to have a flexible body, it is also important to be mentally flexible. Share with your child that being mentally flexible means being open-minded to change. Talk about how disappointing it can be when things do not go her way and that this is a normal reaction. Give a recent example of when unforeseen circumstances ruined her plans, such as having a trip to the park canceled because of rain. Explain that there will be situations in life where unexpected things happen. Often, it is how a person reacts to those circumstances that affects the desirability of the outcome. By using examples your child can relate to, you can arm her with the tools to be flexible, such as having realistic expectations, brainstorming solutions to improve a disappointing situation, and looking for good things that may have resulted from the initial disappointment.

Inner flexibility can take many forms. For example, respecting the differences of other children, sharing, and taking turns are ways that a child can practice flexibility. Encourage your child to be flexible and praise her when you see her exhibiting this important character trait.

Track your growth this summer. Have an adult help you measure your height and weight. Fill in the blanks. Then, draw yourself below and color the picture.
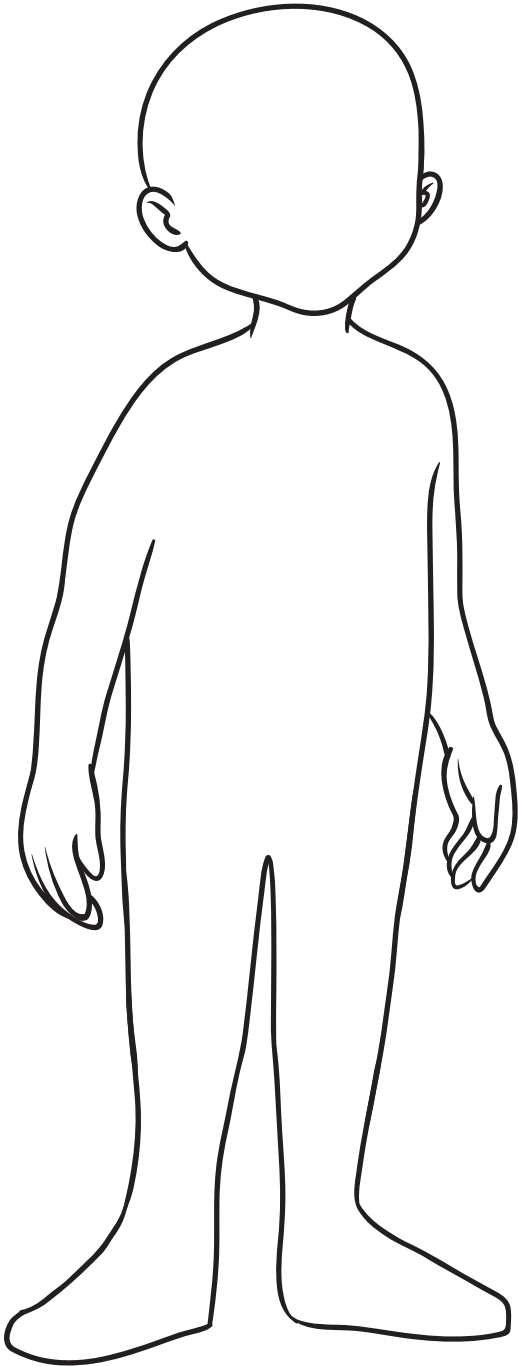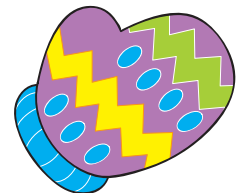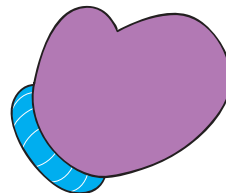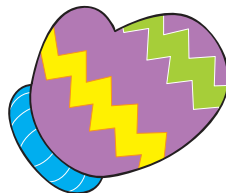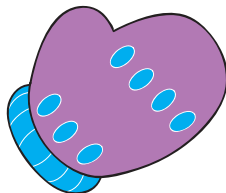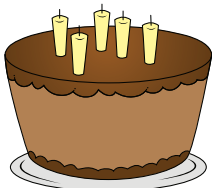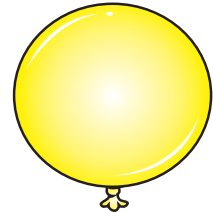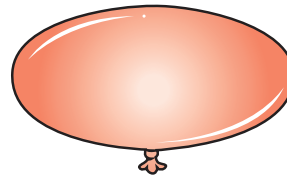
Your Height:

_____

Your Weight:

_____

DAY 1

Circle the picture in each row that is the same as the first picture.
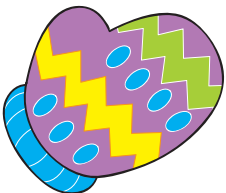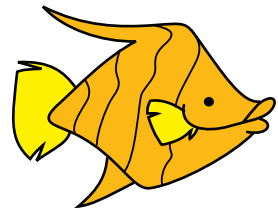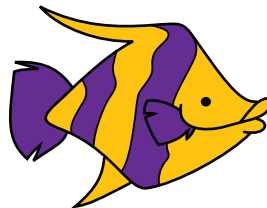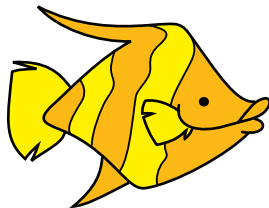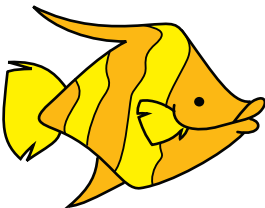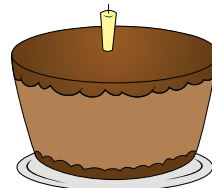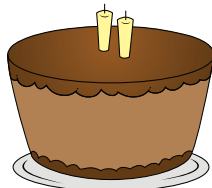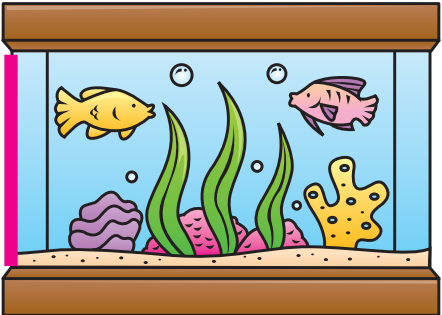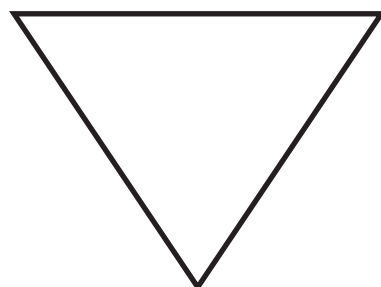
PLACE STICKER HERE

Trace the dashed lines.

This is a square.

Color the squares.

PLACE
STICKER
HERE

Trace the dashed lines.

DAY 3
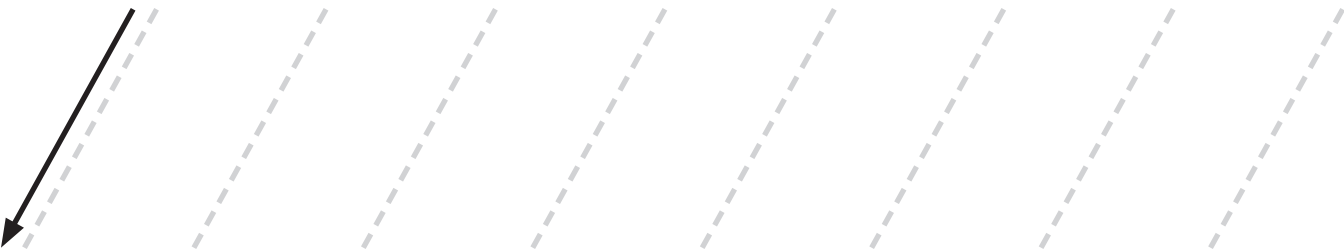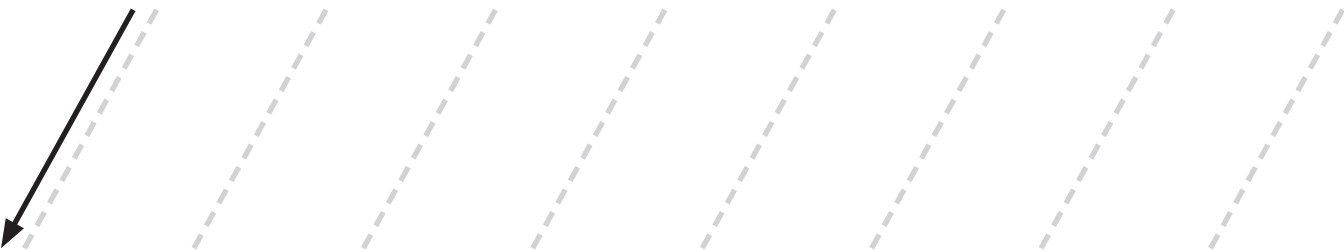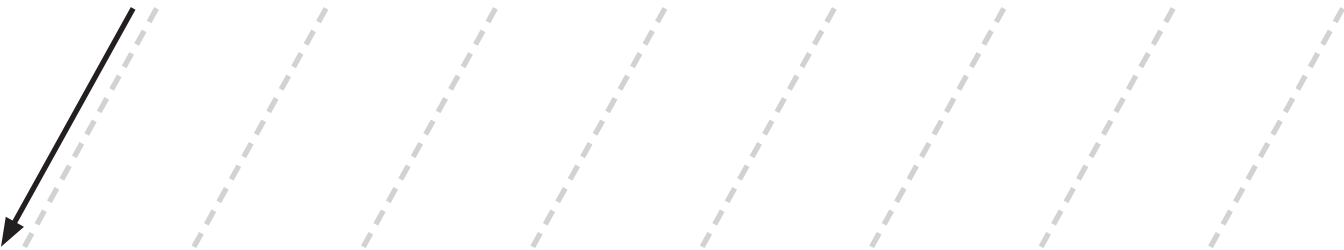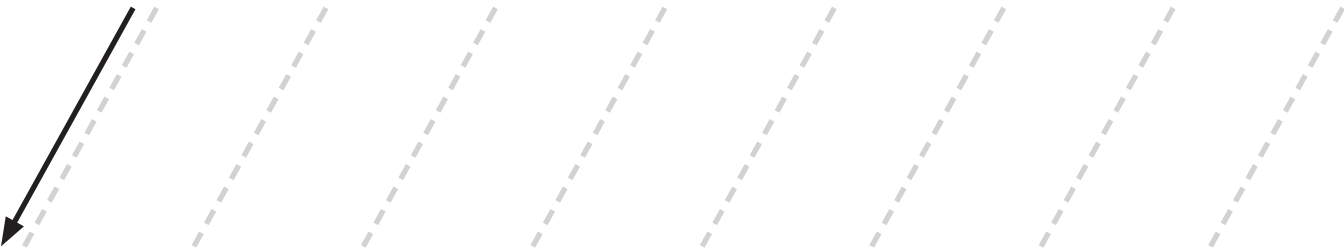
This is a triangle.

Color the triangles.

PLACE STICKER HERE

CD-704695CI.indd   8   9/23/14   2:06 PM

Trace the dashed lines.

CD-704695CI.indd   9   9/23/14   2:06 PM

DAY 4
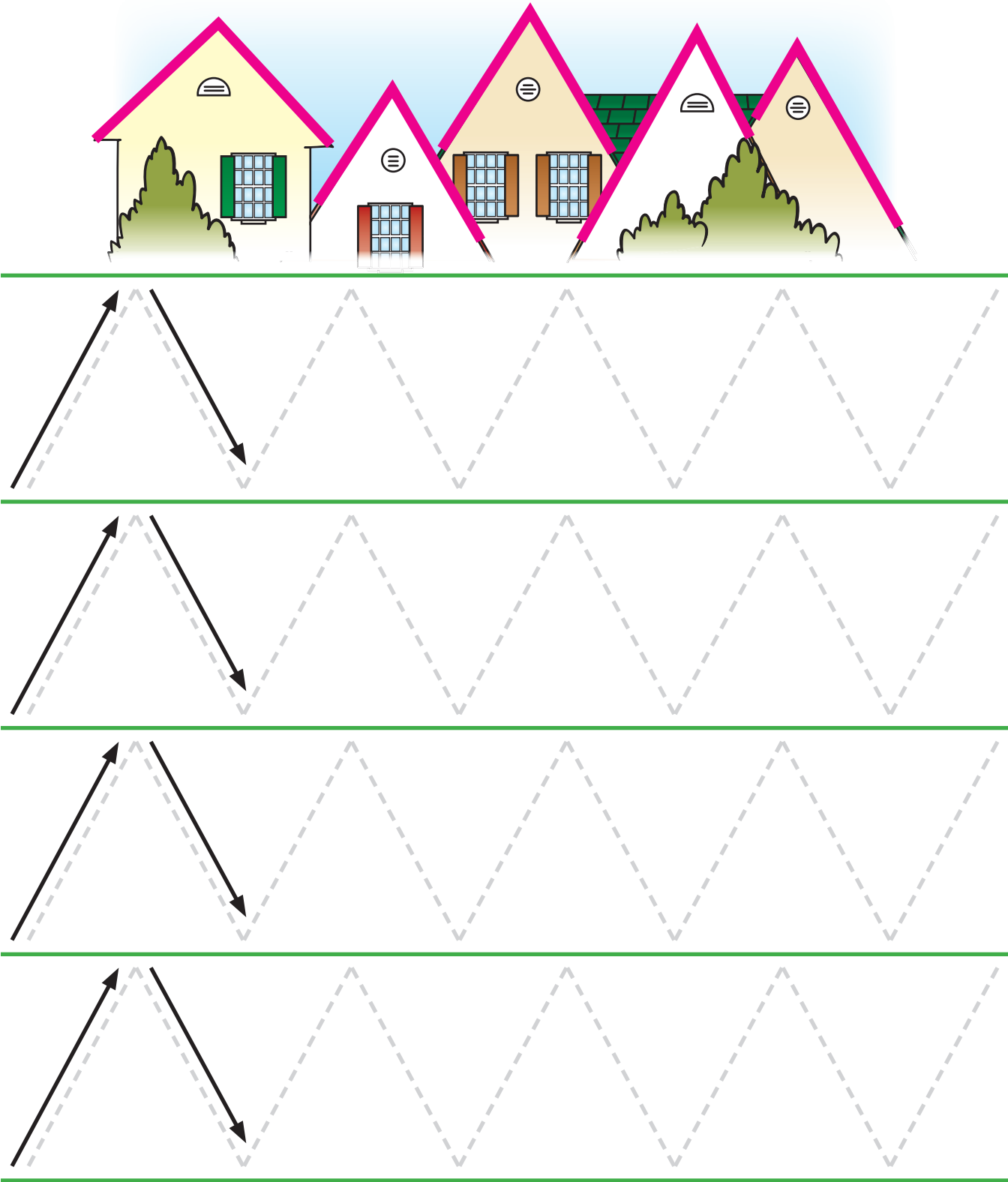
This is a circle. ●

Color the circles.

PLACE
STICKER
HERE

CD-704695CI.indd   10   9/23/14   2:06 PM