

Bunnies, Bears and
Biceps!



It is lovely morning as the sun rises and wakes up sleeping Bethy Bunny. She reaches for her toes and stretches up with the rising sun! Side to side she bends to wake up her muscles. Do these good morning stretches with her!



Once all stretched, Bethy walks down the hall to make breakfast. She squats down to get a bowl and squats again to get a spoon and squats one more time for the milk.



Oh no! The cereal is on top shelf! Bethy has to jump with two feet to get it. Do as she does. She swings her arms, bends her knees and jumps! She jumps one, two, three times, and finally gets her yummy, healthy cereal.



» When she's dressed,
she hops down the
stairs with two feet.
HOP, HOP, HOP! Hope
like Bethy!



- Bethy passes by her friend Curtis Cub doing some gardening. He's lunging forward tending to his tomatoes. Curtis has one leg forward and bent, with his back leg straight. He turns to the carrots on the other side, and lunges with his opposite leg. Help Curtis with his garden and lunge like he is.



❧ “Hello, Curtis! How’s your garden doing?” Bethy asks.

❧ “Good day, Bethy!” Curtis replies, “My garden is well and helping me be healthy! I have lots of fruits and vegetables. Do you have a favorite fruit or vegetable?”

“Why yes! I love all vegetables! My favorite right now is raspberries!”

“Well you’re in luck! I was just about to plant a raspberry bush. Would you like to help me?” Bethy agreed to help Curtis plant his raspberry bush. They have to use their muscles to dig a deep hole. Using their arms, they scoop out the dirt, lift the bush, and gently place it into the ground. Help Bethy and Curtis dig!



- » “Thank you, Bethy!” Curtis says.
- » “You’re welcome! Oh my, gardening sure is fun! But quite messy.” Bethy notices. Their hands and pants are covered in dirt. In order to get it off, they do jumping jacks. Starting with their feet together and hands by their sides, they jump their feet out while clapping their hands up, making a big X with their bodies. Then they jump back, and bring their hands back to their sides. Do some jumping jacks to get the dirt off! Once the dust is off, they go inside for some water.



❧ Curtis bear crawls into his house. Bethy wants to try to walk like her friend, so she puts her hands down and walks forward moving one hand and foot at a time. Can you crawl like Curtis?



When they quench their thirst, Curtis plays some music. "I love this song!" Says Bethy, and she proceeds to show Curtis her 3 favorite dance moves. Show us your favorite moves!



Wow! Bethy and Curtis have had a long day! And their muscles are tired. They wave goodbye, and say “See you next time!”

