

# Move More

## April Newsletter

2025-2026 | K-2

Name: \_\_\_\_\_

Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

### WHY IT MATTERS

#### Your body loves to move!

Whether you're climbing, skipping, stretching, or dancing, being active helps you grow strong and feel great. Moving your body wakes up your brain, gives you energy, and even helps you feel less worried or grumpy. It's not about being the fastest or the best—it's about having fun and staying healthy. So go ahead—jump, wiggle, play, and move your way to a happy, healthy day!

### ACTIVITY

#### Movement Rhyming Words

Can you find words that rhyme? Look at the purple words and the red words. Draw a line to the two words that sound the same!

run  
play  
skip  
walk  
kick  
throw  
hop  
wave  
spin

brave  
grow  
grin  
quick  
fun  
stay  
talk  
trip  
stop

### MARCO'S JOKE

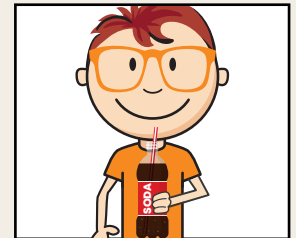
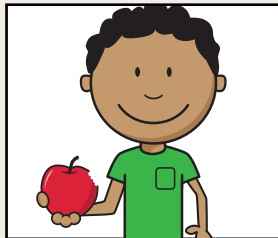
What's a frog's favorite outdoor game?

**Leap frog!**



### CHALLENGE

**Body Parts in Motion:** Look at a picture of a food or activity. If it's **healthy**, do **5 marches**. If it's **not healthy**, do **5 jumping jacks**.



**Fitness for Kids**  
CHALLENGE

AN INDEPENDENT HEALTH FOUNDATION PROGRAM

For more information and activities visit:  
[www.FitnessForKidsChallenge.com](http://www.FitnessForKidsChallenge.com)

## CELEBRATE AND REFLECT

# The Adventure of Ranger the Dog

## Read and Move!

Ranger the dog woke up feeling very **energetic**. (act energetic)



He **stretched** his paws high up to the sky.

(Reach your arms up high!)

Then, Ranger decided to go find his ball outside.  
He stepped forward carefully, one big step at a time.

(Take 5 big steps in place!)

Suddenly, he heard a rustling sound.  
Ranger **turned his head** to look around.

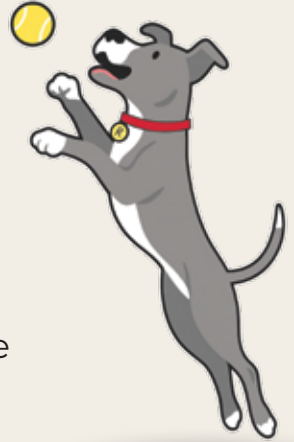
(Turn your head slowly left and right 3 times!)

A squirrel started jumping from tree to tree.  
Ranger wanted to join them, so he **jumped** too!

(Jump up and down 10 times!)

After all that jumping, Ranger decided to go inside  
and do another **big stretch**!

(Reach down and touch your toes 4 times!)



Feeling refreshed, Ranger **ran** back to his spot on the couch.

(Run in place for 15 seconds!)

Before going to sleep, Ranger yawned and curled up into a ball.

(Curl up on the floor or chair and take 5 deep breaths!)

*What a busy day for Ranger the dog!*



Sign up for a **FREE** soccer program near you! Visit [buffalosoccerforsuccess.com](http://buffalosoccerforsuccess.com) for a list of dates and sites.

# KIDS RUN

AN INDEPENDENT HEALTH FOUNDATION EVENT

Ready! Set! Go! **Kids Run Buffalo** is back at Delaware Park on Saturday, June 6th. Sign up for this **FREE** family run today—visit [kidsrunbuffalo.com](http://kidsrunbuffalo.com) for registration and for more information.

## JOKE

Why did the banana go to yoga class?

**It splits!**  
**To learn how to split!**

Play "**Follow the Leader**" with your family or friends.  
**March, hop, tiptoe, or stretch**—everyone copies the moves!

## AT HOME TIP



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