



**On your Mark, Get Set,
Let's Move!**

Hoppy Broccoli to You Exercise



Dino's Garden Exercises Keeping Fit in the Garden

INSTRUCTIONS:

- * Have the children hold hands and make a circle.
- * Then have every child face to the left.
- * The children will then hop on both feet - then on the left foot - right foot.
- * Stop and have the children reverse direction and repeat.

Fruit and Veggie Talk:

Broccoli is a delicious cool weather veggie. Can you name other veggies that like to grow in cool weather? What are some of the ways we eat veggies in the winter?