



Raisin to the Sun Exercise



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



INSTRUCTIONS:

- * The children stand apart.
- * They breathe in slowly while they raise their arms up with elbows bent over head gathering in the sun.
- * Then slowly exhaling and dropping their arms, they draw them close to their body - dropping their chins - bending at the waist - rolling themselves up like little raisins in the sun.
- * Repeat!

Fruit and Veggie Talk:

Dried fruit is a great “sometimes” treat.
When is it a good time to eat dried fruit?