



## Practical Tips for using the "Active Minds Active Bodies" Booklist

There is a natural link between physical activity and reading. Children are particularly interested in stories or books that describe or depict things that are connected to their own daily lives such as playing sports, being active with their families or engaging in active leisure pursuits. You can incorporate physical activity book titles into what you are already doing. For example...

- **Designate a specific place in the classroom to showcase books that promote being physically active. Decorate the area to fit the theme (e.g. books about summer fun such as swimming or camping can be displayed in a wading pool or pup tent). "Going to the Beach", "Froggy Learns to Swim" or "When We Go Camping" are good choices.**
- **Create displays or bulletin boards that showcase the variety of physical activity opportunities available each season (e.g. WinterActive, SummerActive). Promote books that complement the "season" theme.**
- **Read "Children on the Move-an Active Living Alphabet". Play "Active Alphabet" by calling out a letter and having a child or a group of children make the shape of the letter with their bodies. Make it more active by then calling out an activity or sport that begins with that letter and then have the children act it out.**
- **Invite a man (a Dad, uncle or grandfather) to visit the classroom to read. "Duck on a Bike" or "Mayfly" are good choices. Introducing a positive literate male role is a great way to help encourage boys to read.**
- **Create a cozy nook out of a hockey net. Fill it with books about hockey and hockey heroes.**
- **Read "Follow My Leader" and encourage the children to hop, skip, whirl and twirl.**
- **Read "Omar on Ice" or "Sophie Skates" then play "Paper Skate" to the accompaniment of lively music. Give each child 2 pieces of scrap paper. Ask them to place one piece under each foot and skate around the room: forwards, backwards and sideways. Pretend to try speed skating or cross country skiing.**
- **Suggest families purchase gifts for birthdays and other special occasions that encourage literacy and active play/recreation. E.g. Ballet slippers and a copy of the Babe Ruth Ballet School. Anna Banana: 101 Jump-Rope Rhymes and a skipping rope.**