

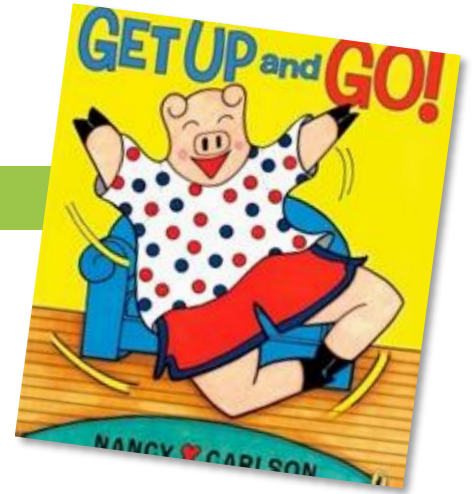
Get Up and Go!

READ ALOUD GUIDE

Themes: Wellness, Exercise

Book Brief: Vibrant illustrations and encouraging text explain to kids the many great reasons to exercise, from making new friends to going new places, or just because it's good for your body.

Author:
Nancy Carlson
Illustrator:
Nancy Carlson



BEFORE READING

The Cover: Read the title. Ask students if they have a specific way, they are active.

The Pictures: Take a brief picture walk and ask students what they see, think, or wonder about the story.

Vocabulary: [Vocabulary Guide](#)

Prior Knowledge: Ask students what types of exercise they like to do. As a class, brainstorm a list.

Purpose for Reading: "As we read today, think about the importance of exercising."

DURING READING

Check for understanding & make connections:

- What does it mean to exercise?
- What does exercising do for your body?
- What exercise can you do for fun?
- What exercise can you travel to do?
- How do you think exercise impacts their body?

AFTER READING

Our Purpose: Why is exercise important? How can it make us feel better?

Extending Our Thinking: What are fun things you want to do to exercise? Ask students to think about the possibilities with a partner.

If your students enjoyed this book...

- Encourage them to continue to discuss it and refer to it in other lessons and conversations.
- Let them explore more about the topic by reading other books with similar themes, structure, characters, or content.