

PURE FUN ACTIVITIES

ACTIVE LIFESTYLES

Exercising is so much fun. What are your favorite ways to move your body and stay healthy? Fill in this story with your weird and wacky fitness routine using correct parts of speech.

It makes me feel _____ to move my body and exercise. How do I know when I'm exercising?

Easy! I can feel my heart _____ My heart is kind of like an engine. It helps move muscles in my _____ and _____ so I can _____ faster and _____ higher. The more I _____, the better I feel. When it's sunny, I like to put on my _____ and _____. Sometimes, I play _____ or _____ with my _____. When it's raining, I stay inside and _____ instead. There are lots of ways to exercise.

Sometimes it's _____, like when I _____, but most of the time it's _____, like when I _____. I can stretch my _____, do _____ push-ups, or crawl like a(n) _____. When I play, I sweat _____, so Dad says I need to drink lots of _____. I like to eat lots of healthy snacks like cucumbers and _____. I can't exercise all the time, so I take breaks and I _____ by myself quietly. I make sure to exercise at least _____ minutes every day because it makes me feel _____!

			
Easy	Spider	Quickly	Do Yoga
Big	Toes	Slowly	Dance
Slow	Arms	Strongly	Beating
Humongous	Winter Coat	Daily	Run
Happy	He	Carefully	Do Somersaults
Sixty	Strawberries	Never	Singing
Fun	Running Shoes	Naturally	Cried
Loud	Soccer	Tightly	Jump
Healthy	Legs	Safely	Move

Find the symbols matching the part of speed to fill in the missing words. You can pick an example from the list or make up your own answer - just make sure it's the correct part of speech! Note: you do not have to use all of these words listed.

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