

# Move Your Body!

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## Staying Healthy and Strong

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Let's review how we move our bodies!

1. Trace the word that tells us how we can be active.

MOVE

2. What helps us stay strong? Circle the correct answer.

Moving our bodies

Sitting still

Eating candy

3. Draw a line from each movement to what it helps us do.

Jump

Stay strong

Run

Have fun

4. God made our bodies to \_\_\_\_.

5. We should not care for our bodies.

True

False

6. What is your favorite way to move?

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### Answer Key

1. MOVE 2. Moving our bodies 3. Stay strong 4. move 5. False 6. I like to jump.