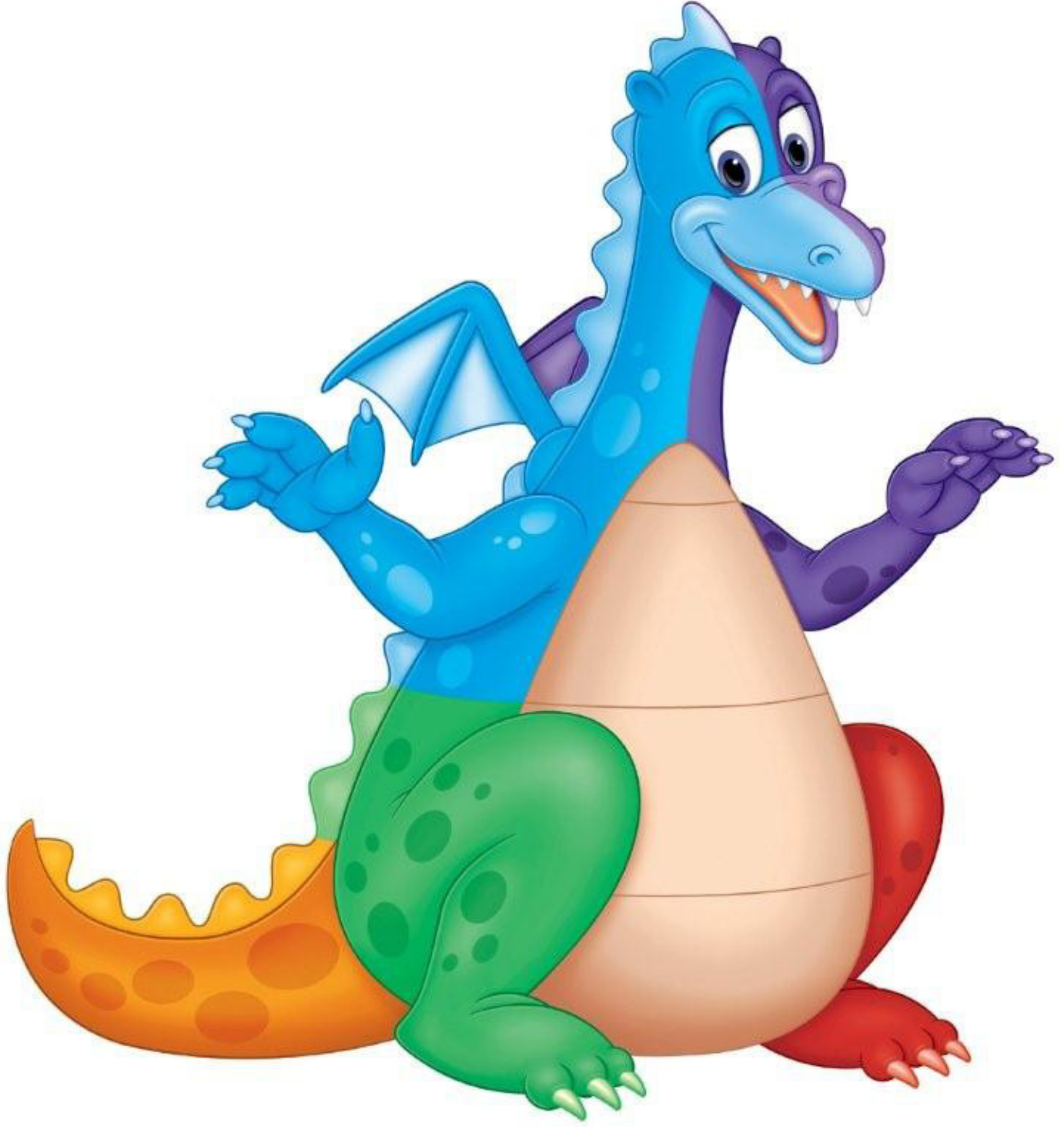


Ways to Move More!



Materials and Directions

- Colored paper to cover bulletin board and for contrasting border
- Letters for title: **Ways to Move More!**
- Optional: Photographs of students being physically active
- Download and print:
 - Full-color image of Little D, the Five Food Group Dragon
 - Royal Food Family Characters – 1 of each for 6 total
 - Lady Holly the Cow
 - Sir Milkford
 - King Henry the Egg
 - Prince Waffle
 - Queen Anna Banana
 - Princess Peapod
 - Little D's Physical Activity Message
 - Blank Speech Bubbles - 6 total
- Place Little D in the center of the bulletin board. Arrange Little D's Physical Activity Message to create the following sentence: *Be active every day to stay healthy and strong!* Post the sentence beneath Little D or in a speech bubble.
- Write the following messages in the blank speech bubbles - 1 per bubble:
 - *Play hard every day*
 - *Play a lot every day*
 - *Be active every day*
 - *Walk instead of ride*
 - *Take the stairs*
 - *Ride a bike or scooter*
 - *Add your own messages*
- Mount the bulletin board
- Optional: Add students' physical activity photos















**Be active
every day to**

**stay healthy
and strong!**



