

## Be Active! Five Ways We Like to Move



### Materials and Directions

- Colored paper to cover bulletin board and for contrasting border
- Letters for title: **Be Active! Five Ways We Like to Move**
- Download and print:
  - Full-color image of Little D, the Five Food Group Dragon
  - Blank Little D reproducible master – 1 per student
  - 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
  - Movement Words
- Cut out movement words and Royal Food Family characters
- Have students complete their Little D blackline masters as follows:
  - Distribute and have students draw five different pictures of physical activities they enjoy doing, one drawing in each of the large, blank spaces on Little D's tummy.
  - Optional: Have students color and cut out their dragons.
  - Collect completed dragons.
- Mount bulletin board



Name \_\_\_\_\_

# LITTLE D, THE FIVE-FOOD-GROUP DRAGON

ACTIVITY 10

















