



Indoors/
Outdoors

AGE RANGE:
3 to 6 years

Episode: What Is Exercise? or "Charlie Goes to School"

Charlie's Big Green Activity Sheets



Learning Goals

LEARN how exercise affects your breathing. (Fitness and Nutrition, Life Science)

DISCOVER all the ways you can have fun moving your body. (Fitness and Nutrition)

Life Skills

Exercise: Whenever you move, that's called Exercise.

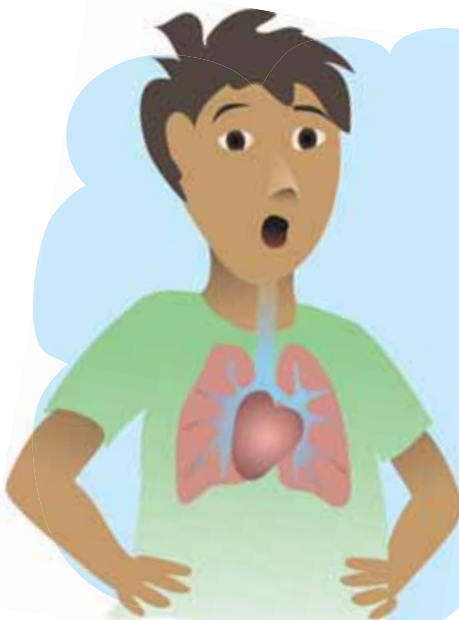


Materials

ACTIVITY SHEETS INCLUDED:

- Make Your Own Trading Cards: Charlie's Fast Friends
- Which of These Activities Is Exercise?
- Find the Hidden Carrots!
- Charlie's Big Green Recipe: Carrot Apple Muffins

EXERCISE is another word for playing and moving.



Do you breathe harder and faster when you run?

Yes. When you run, you breathe faster and harder to get oxygen to your lungs and muscles so that you can keep moving. Your heart beats harder to help make this happen.



Cut out these cards. Fold each card in half along the blue dotted line. Tape or glue them together.



KANGAROO

ENDANGERED

HOME: Grasslands, prairies, and forests; Australia

DANGER: Some kangaroo species are endangered.

DID YOU KNOW: Female kangaroos carry their babies, or joeys, in a pouch on their bellies. They eat leaves and grasses and can go months without drinking!

LOOK & LISTEN: Kangaroos have powerful legs and can hop as fast as a car on a busy street.



CHEETAH

THREATENED

HOME: Grasslands, savannahs; Africa, Middle East

DANGER: Threatened, becoming endangered

DID YOU KNOW: Cheetahs are the fastest land animal and can run up to 70 miles an hour—as fast as a car on a highway!

LOOK & LISTEN: The Cheetah can purr—but it cannot roar. Its heart and nostrils are large to allow it to breathe better so it can run faster.





Episode: What Is Exercise, or "Charlie Goes to School"

Charlie's Big Green Activity Sheets

page 3

Which of These Activities Is Exercise?

Check all that apply.



☐ Swimming



☐ Playing
make-believe



☐ Riding Bikes



☐ Playing games



☐ Napping on couch



☐ Basketball



☐ Watching TV



☐ Goofing around



☐ Hanging upside
down

Psst: Every time you move your body—it's exercising!

Charlie's Reading Corner—Best Picks

[I Will Never Not Ever Eat A Tomato](#) by Lauren Child

[My Amazing Body: A First Look at Health and Fitness](#)

by Pat Thomas

[The Busy Body Book](#) by Lizzy Rockwell

Big Green Rabbit Songs

The Calorie Song

The Mashed Potato Song

For more fun stuff go to
www.biggreenrabbit.com



Episode: What Is Exercise, or “Charlie Goes to School”

Charlie’s Big Green Activity Sheets

page 4

Find the Hidden Carrots!

Charlie helped Isabelle make a poster of her dancing friends for Show and Tell. She decorated it with stars! But Charlie decorated it with hidden carrots. Can you find all 12 carrots?





Charlie's **BIG** green recipe: **Carrot Apple Muffins**

Ingredients:

bran cereal with raisins	plain yogurt
flour	egg
sugar	canola oil
baking soda	tart apple
cinnamon	carrots
salt	walnuts

Directions:

1. Preheat oven to 400 degrees.
2. Whisk these ingredients together in a large bowl:

- 1 $\frac{3}{4}$ cups bran cereal with raisins
- 1 $\frac{1}{4}$ cups flour
- $\frac{3}{4}$ cup sugar
- 1 $\frac{1}{4}$ teaspoon baking soda
- 1 teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon salt

3. In a small bowl, beat the following together:

- $\frac{3}{4}$ cup plain yogurt
- 1 egg
- $\frac{1}{4}$ cup canola oil

4. Stir the wet mixture into the dry ingredients until moistened.

Fold in:

- 1 cup tart apple, peeled and finely chopped
- 1 cup shredded carrots
- $\frac{1}{4}$ cup chopped walnuts (optional)

5. Fill greased muffin tin about $\frac{3}{4}$ full in each cup.
6. Bake for 20 - 23 minutes.



Eat for breakfast, snack, or dessert!

Special Instructions:

Have fun baking with your kids. Make it easy. Prepare all measured ingredients in bowls or cups before you start. Have your child help pour the appropriate items into the mixing bowls. Stirring or mixing is great for coordination.