Exercise Changes You

What You Need

Find Out

Do this activity to find out how exercise can change you.

Process Skills

Observing
Inferring
Communicating
Predicting

Time

• 10 minutes a day for two weeks

crayons

paper

UNIT D • Chapter 2: Taking Care of Your Body
What To Do

1. Choose an exercise or skill to learn. It could be jumping rope, dancing, stretching, playing a sport, or something else you want to learn.

2. Observe as someone shows you how to do it.

3. Practice every day. Fill in the Practice Log.
Practice Log
Put a check mark in the box each day you practice.

1  2  3  4  5
6  7  8  9  10

Draw what you did.
Conclusions

1. What new skill did you learn?

2. How did practice change you?

New Questions

1. How do you think more practice would change you?

2. Ask a new question you have about exercise.
How Dirt and Germs Spread

How will your partner’s hand look?
Circle the picture that shows your prediction.
What happened to your partner’s hand when you touched it?

**Show** what happened on this picture.
Keeping Track of Sleep

Color the circle with the hour you went to sleep. Use a green crayon.

Color the circle with the hour you woke up. Use a red crayon.

Color all the hours in between. Use a red crayon.
Activity Journal
Lesson 2 • Sleep

Name _______________________

What time did you go to sleep?

___________________________________________

What time did you wake up?

___________________________________________

Look at the clock you drew. How many hours are colored red?

___________________________________________

How many hours did you sleep?

___________________________________________
Activity Journal
Lesson 3 • Exercise

Name ______________________

ACTIVITY

How Muscles Work

What happens to the ribbon?

Circle the picture.

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What happens to the ribbon?

Circle the picture.