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#### Taking Care of My Body Sorting Game



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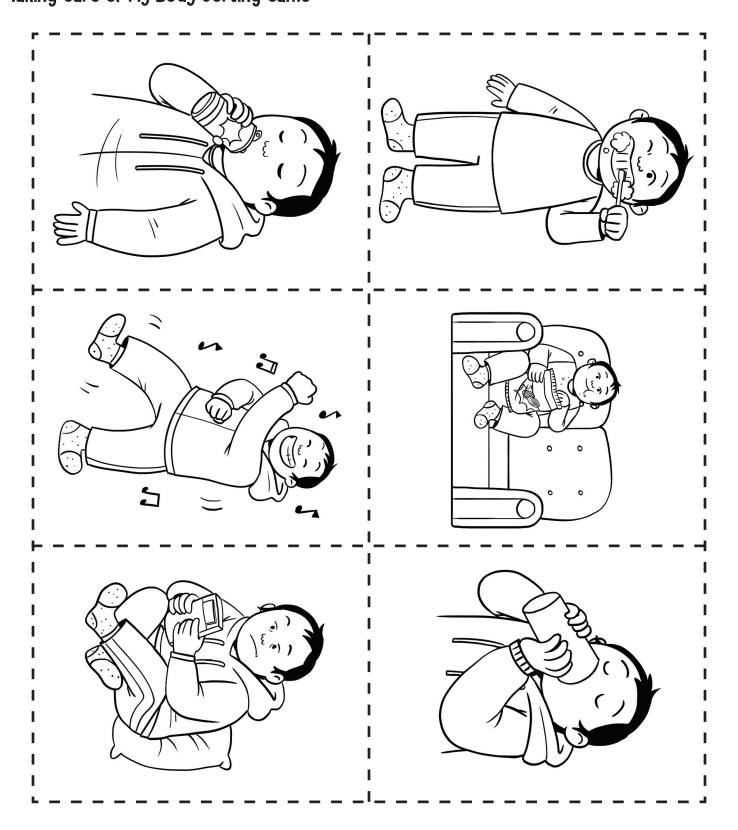
#### **Directions**

- 1. Talk to your child about the way Jayden, Angaju, and Naja take care of their bodies in the story-for example, by dancing, drinking water, playing at the indoor playground, stretching, and so on.
- 2. Help your child cut out the Taking Care of My Body Sorting Game cards.
- 3. Find two cards with Jayden's face on them. On one card he is smiling, and on the other he is frowning. Place the two cards in front of your child. Explain that on the first card Jayden is smiling because he is taking care of his body, and that makes him feel good. On the second card he is frowning because his body doesn't feel good.
- 4. Make a pile with all the other cards. Place the cards face down in front of your child.
- 5. Have your child flip over a card and look at the card. Ask your child, "Is Jayden doing something to take care of his body?" If he is, have your child put it under the card that shows Jayden smiling. If he is not, have your child put it under the card that shows Jayden frowning.



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# JCPL del! I Want to Dange!





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# JCPL del! I Want to Dange!

