

Letter to Families

Send families a letter introducing the study. Use the letter to communicate with families and as an opportunity to invite their participation in the study.

Dear Families,

Young children are in nearly constant motion. Moving makes children feel capable and confident, releases tension, and builds strong bodies and minds. Children’s love of movement will make a study of exercise very exciting. We will try many types of exercise, watch other people exercise, explore the places that people exercise, and discover what equipment they use.

If you can, we would love your help to get our study going. We will need many different objects and pictures related to exercise. Below is a list of suggested items, but you may also send others not on the list that you think might add to our exploration. Please label all items with your name so we can return them to you at the end of our study. We promise to take good care of them!

hand weights (up to 2 lbs.)	elbow pads	books that feature exercise and movement
exercise mats	small child-safe trampoline	books that feature the human body
plastic toy hoops	plastic bottles with lids	
jump ropes	photos of children or families engaged in different types of exercise	
small balance beam		
helmets		
knee pads		

As we study exercise, we will learn concepts and skills in physical development, language and literacy, math, science, social studies, the arts, and technology. We will also develop thinking skills as we observe, investigate, ask questions, solve problems, make predictions, and test our ideas.

What You Can Do at Home

Talk with your child about exercise and do a few exercises with your child each day.

Point out when you notice people in your community exercising. Help your child keep a daily exercise chart. Create a list with your child of your family’s favorite exercises. As you read books with your child, notice and talk about the character’s physical movements.

At the end of our study, we will hold a special event to show you what we have learned. Thank you for playing an important role in our learning.