



# Keystone Kids Go!

Families Moving Together for Fun and Fitness

Family Newsletter

November

## The Boss of Your Body

Being in control of your body... What a wonderful feeling! Being the boss of your body is a skill. A skill that does not come naturally, but one that is taught to children. Our job is to help children learn to be the boss of their body. A child who is the boss of their body has good self-control, feels good about him/herself and is more likely to behave positively.



Children who are the boss of their body are aware of what their body can do. One of the best ways to promote this is to teach children action awareness vocabulary. There are three parts to action awareness. They are:

1. **Traveling Actions** (moving from one place to another): Examples of this include: walking, jumping, hopping and climbing.
2. **Stabilizing Actions** (moving without traveling): These actions include: twisting, swaying, squatting and shaking.
3. **Manipulating Actions** (moving with objects): Throwing, catching and bouncing.

## Thanksgiving

November is a month of giving thanks and so, let's give thanks to one of the most important things we have... our body! A perfect opportunity to do this is at the dinner table. Research shows that children from families who regularly eat dinner together (with the TV off) are less likely to smoke, drink, do drugs, be depressed or develop eating disorders. They are also more likely to do better in school.



At the dinner table, talk to your child about all the wonderful things their bodies do. Name a body part and brainstorm all the things that body part helps them to do.

## Chant it!

If your child is enrolled in a program that promotes *I am moving I am learning*, you probably have heard the words of this chant, adapted from this [Choosy Nation](#) CD song.

### I'm the Boss

I'm the boss of my body, I tell it what to do.  
I'm in charge like Choosy and here's how I move, cause...

I'm the Boss, yeah (say 3 times)

Now chill... (freeze in place)

I boss my arms

High to low. (move arms up high and down low)

I boss my legs

Jump side to side. (jump from side to side)

I boss my hands

Raise the roof. ("raise the roof" motion)

And then I stretch myself

Big and tall. (stretch up high)

I boss my tummy

Twist yourself. (twist your waist)

I boss my feet

March in place. (march in place)

I boss my fingers

Touch the ground. (touch the ground)

And then I boss myself

Turn around. (turn around)

To sample the Choosy Kids music, visit:

[www.choosykids.com/ck2/av](http://www.choosykids.com/ck2/av)

## Move it!

This month's Move It! focuses on a fun and simple activity children can do to learn to be the boss of their body.

### Simon Says

A great boss of your body activity! Children need to be able to tell their body what to do AND what not to do. In addition to this, Simon Says:

- Increases awareness of body parts
- Helps develop good listening skills
- Teaches children to concentrate
- Promotes following directions and...
- Does not focus on winners and losers.

Do the activity with your children focusing on action awareness words. Here are some ideas of what you can use for Simon Says:

- Twist your body
- Shake your body
- Hop
- Bounce a ball
- Climb a ladder



For more info on *I am moving I am learning*, visit: <http://tinyurl.com/movelearn>

Check out Choosy Kids and their resources at: [www.choosykids.com](http://www.choosykids.com)

This publication was developed as part of the KKG! initiative. Visit the KKG! website at: [www.panen.org/keystone-kids-go](http://www.panen.org/keystone-kids-go)