

Continue each bulleted activity or set of activities for 15-30 seconds.

Under the Big Top

- The circus is in town and my family is headed there for a night under the Big Top! My friend and I <u>skip</u> to the front gate to buy our tickets. If I jump up and down I can see over the fence. I know there are amazing costumes and great animals inside.
- The first person I see is a hula hooper. They never stop! I <u>pick up</u> a hula hoop to try too. I <u>hula hoop</u> a little but it falls down. I pick it up and <u>try</u> again.
- WOW! I'm not sure what to look at first. My head is <u>looking</u> this way and that. It's time to enter the Big Top Tent. We <u>go up the stairs</u> to the top of the stands to find a seat.
- The show starts with a beautiful tight rope walker who <u>tip toes</u> so carefully on the thin wire. Her <u>arms are out</u> at her sides. She takes a few <u>steps forward</u> and then a few <u>steps backwards</u>. She <u>twirls</u> several times on her toes.
- The muscle main <u>marches</u> in. This man has muscles like I have never seen before. He <u>flexes</u> his arm muscles, <u>picks up</u> the tight rope walker and carries her down the ladder. He <u>flexes</u> his muscles again and <u>tosses</u> her in the air three times.
- Then the lions <u>run</u> into the ring. They <u>run</u> circles around the tight rope walker and the muscle man. Here come the elephants! They <u>stomp</u> in and are wearing beautiful, sparkling blankets. They are <u>slow</u> to move with giant, heavy steps when they line up in front of us with their trunks <u>stretching</u> to the ground in front of them.
- The show is over! Let's give them a round of applause.

TEAM NUTRITION