



Fairfax County Neighborhood & Community Services

#NCScconnects Virtual Activity



Activity: Bookworm Workout

Category: Academics

Suggested Grade Level: 1-3 (young children)

Description: Listening for certain words. Moving your body. Practicing reading.

Supplies:

- ☐ A book
- ☐ Open space

Instructions:

1. Choose a book your child loves.
2. Pick a few words that appear frequently in that book and an exercise to do every time the word is mentioned.
3. Have your child read the book aloud. Every time the word is mentioned, have your child do the exercise.

Adaptations: These exercises can be done in a chair and with or without workout equipment.



Takeaways:

Be creative with the words you pick, and the exercises chosen. Use this as an exercise to practice harder words and burn off some energy!



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