

# Kids, Let's Read It & Move It!

Spring has begun, the sun is shining, and we need to get ourselves moving! Glenbrook staff would like students to join us in a fun weekly “Move it, Read it” program. Here’s how it works:

1. Every day after school, Monday through Friday, students must read (or be read to) for 15 or more minutes. They can read anything they want to, just read!
2. Every day after school, students also must get moving for at least 15 minutes. This can be done by joining one of our exercise programs, playing outside, participating in a sport, dancing, riding a bike, or any other activity that involves moving.
3. At the end of the week, no later than Saturday at 5:00 pm, email the below form to Mrs. Reza and she will send your child a Zoom link. This link will allow your child to join a fun event on the following Monday.
4. See below for the activities and events.
5. A new form will be emailed out each week.

That’s it! Have fun, read and move it!

<u><a href="#">“Read It” Ideas</a></u>	<u><a href="#">“Move It” Ideas</a></u>
Non Fiction Read	Ride a bike
Favorite Author Book	Dance Tuesday at 2:15 with Ms. Salins (Link <a href="#">here</a> )
Book about Winter, Spring, Summer, Fall	Join Mrs. Dauksavage on Zoom @ 2:00, Thursdays & Fridays (Link <a href="#">here</a> )
Animal Book	Exercise with Ms. Salins and Mrs. Lewandowski (Find videos <a href="#">here</a> )
Mystery Book	Join Mr. DeCoste on Zoom at 2:00, Mondays & Wednesdays ( <a href="https://us02web.zoom.us/j/3766421181">https://us02web.zoom.us/j/3766421181</a> )
Parent Choice	Play a sport
Book Made into a Movie	Play at the park
Teacher’s Favorite Author/Book	Skate
Holiday Book	Take a long walk with your dog, parent, sister.....
Space Book	Have races with your siblings
Award Winner	Go to Mr. DeCoste’s Canvas Page and follow along on some old videos.

Read It, Move It!  
Week of 4/6-4/9

Name: \_\_\_\_\_

Teacher's name: \_\_\_\_\_

Email this page to: [marthareza@u-46.org](mailto:marthareza@u-46.org)

<p>No School Monday</p>	<p><b><u>Tuesday</u></b></p> <p>My child read for At least 15 minutes today:</p> <p>_____</p> <p>My child did a physical activity for at least 15 minutes today:</p> <p>_____</p>	<p><b><u>Wednesday</u></b></p> <p>My child read for At least 15 minutes today:</p> <p>_____</p> <p>My child did a physical activity for at least 15 minutes today:</p> <p>_____</p>	<p><b><u>Thursday</u></b></p> <p>My child read for At least 15 minutes today:</p> <p>_____</p> <p>My child did a physical activity for at least 15 minutes today:</p> <p>_____</p>	<p><b><u>Friday</u></b></p> <p>My child read for At least 15 minutes today:</p> <p>_____</p> <p>My child did a physical activity for at least 15 minutes today:</p> <p>_____</p>
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This week's winning activity is:

Staff members will sing you a song!

Read It, Move It!  
Week of 4/12-4/16

Name: \_\_\_\_\_

Teacher's name: \_\_\_\_\_

Email this page to: [marthareza@u-46.org](mailto:marthareza@u-46.org)

<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>
My child read for At least 15 minutes today:  _____	My child read for At least 15 minutes today:  _____	My child read for At least 15 minutes today:  _____	My child read for At least 15 minutes today:  _____	My child read for At least 15 minutes today:  _____
My child did a physical activity for at least 15 minutes today:  _____	My child did a physical activity for at least 15 minutes today:  _____	My child did a physical activity for at least 15 minutes today:  _____	My child did a physical activity for at least 15 minutes today:  _____	My child did a physical activity for at least 15 minutes today:  _____

This week's winning activity is:

**Staff members do a dance!**

