



123

GALLI GALLI SIM SIM™

Parents and Educators



Keeping Fit with Boombah

Suggested Age

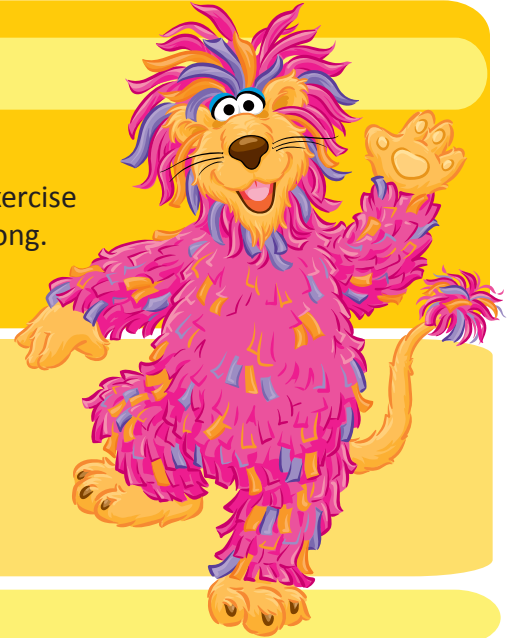
- Pre-Kindergarten
- Kindergarten
- Standard I

Educational Goal

- Encourage awareness of the association between physical exercise and growing up healthy and strong.

Materials

- Large pieces of paper
- Markers or crayons



Directions

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1. Ask your child to think of different ways to exercise, like jumping, walking, running, and dancing. Encourage your child to remember how Boombah exercises on Galli Galli Sim Sim.
2. Have your child draw a picture of him or her self doing his or her favourite type of exercise. Then have your child draw Boombah doing his favourite kind of exercise.
3. When your child has finished drawing, practice doing your child's favourite exercise together. Then do Boombah's favourite exercise together.

Additional Activities

- Ask friends and family members about their favourite kinds of exercise. Have your child add these to your drawing.
- Ask your child to think of a new type of exercise he or she would like to learn, like playing cricket or doing bharatanatyam. Teach your child basic skills from these, like throwing and catching a ball or doing a simple dance step.
- Get out your drawing routinely and pick out exercises to do together.