

# The Busy Body Book

## A RIF GUIDE FOR EDUCATORS

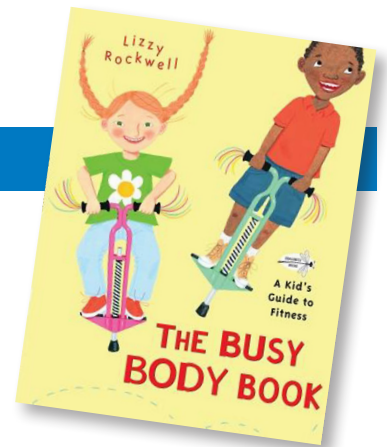
**Themes:** Physical Fitness, Health, Exercise

**Grade Level:** K to 2nd grade

**Book Brief:** Learn all about the parts that make up our bodies—and how important it is to keep them busy!

**Author and Illustrator:**  
Lizzy Rockwell

**Content Connections:**  
Science, Math, Physical Education, Health



## TIME TO READ!

### BEFORE WE READ, LET'S LOOK AT...

**The Cover:** Have your students make predictions about the book based on

the title and cover illustration. What are the two children on the cover doing? What is “fitness”?

**The Pictures:** Take a brief picture walk through the book. Notice all the different ways there are to be physically active. Emphasize that playing a sport is not the only way to be healthy.

**Prior Knowledge:** Why is it important to keep our bodies busy? What do people need to be healthy? Brainstorm with the class and make a list on the board.

**Vocabulary:** oxygen, vessels

**Purpose for Reading:** Practice synthesizing the content from this informational text. “Think about what you already know about your body and how it works. As we read, pay attention to the new information you’re learning. Be prepared to share something new you learned about the human body.”

## WHILE WE READ

### MONITORING COMPREHENSION

- ◆ What does your body need to survive?
- ◆ Why is water so important?
- ◆ What do bones do for our bodies?
- ◆ How are muscles helpful? What happens to muscles if we don't use them?
- ◆ What role does your brain play? Where does it get its information?



## LET'S THINK ABOUT

**Our Purpose:** Ask students to share new information they learned from the text. Help them make explicit connections about how this new information altered their existing thinking.

**Extending Our Thinking:** Revisit the idea of how many different ways there are to be physically active. Look at the two-page spread of activities near the end of the book. Ask students to think of other activities. Emphasize that being *healthy* doesn't mean having huge muscles or being skinny, or even being able to walk. It simply means taking care of the body you have.

### NOTE TO EDUCATORS

- ◆ Extension Activities for Educators also available.
- ◆ Vocabulary Scaffolding Sheet also available.



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