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# Abelardo's Family Day



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# Abelardo's Family Day



**AUTHOR**  
Mathangi  
Subramanian



**ILLUSTRATOR**  
Rajdeep  
Ghosal

# Abelardo is excited. His cousin Big Bird is visiting!

Abelardo and his cousin will spend the day doing something special, like skating or playing soccer.



"Moving and playing with my family is fun," Abelardo says.  
"Moving keeps me healthy. I feel joyful when I move."

Abelardo and Big Bird love to move their bodies!  
How should they move their bodies? Abelardo  
decides to ask his friends for ideas.



First, Abelardo goes to Elmo's house.

"Elmo," Abelardo says, "I'm having a play date with my cousin Big Bird today. We are going to play and move.

How do you like to play and move?"



"Elmo loves to dance," Elmo says.

"So do I," Elmo's daddy says. "You can dance almost anywhere." He plays some music.

He and Elmo dance.



"Dancing is one way Elmo moves indoors and outdoors!"  
Elmo says. "Moving and playing with my family is fun!"



"Dancing with my friends is fun!"  
Abelardo says.



Now, Abelardo visits Chamki and Bel.

"Chamki and Bel," Abelardo says, "My cousin Big Bird is visiting tomorrow. We're going to play and move.

How do you like to play and move?"





"There are lots of ways to play and move," Chamki says.

"We like throwing and catching," Bel says.

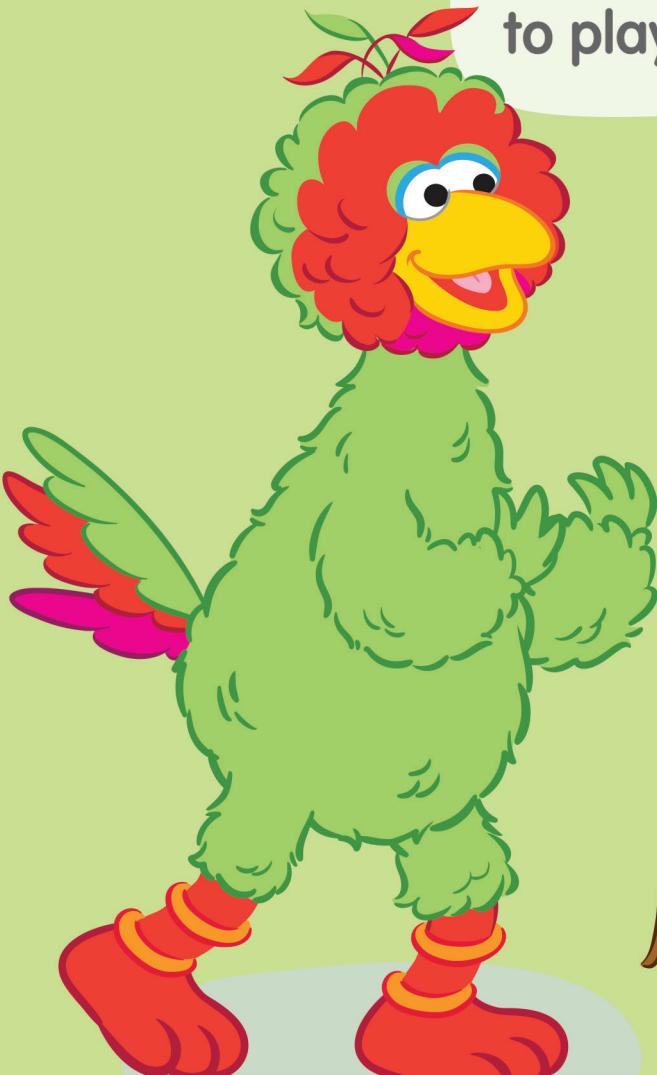
"Try it!" Chamki says. She throws Abelardo the ball.





"Throwing and catching is one way to play and move," says Bel.

"Moving and playing with friends and family is so much fun!" Abelardo says.



Next, Abelardo visits Abby.

"Abby," Abelardo says. "My cousin Big Bird is visiting tomorrow."





"We're going to play and move. How do you like to play and move?"



"I love to play and move with my family!"  
Abby says. "I like to jump with my mommy."

"Jump with us!" Abby's  
mommy says.





"Jumping is one way to play and move," Abby says.

"Jumping with my friends is fun!" Abelardo says.

Big Bird is here! "I am so excited to see you, Abelardo. My body can't keep still!" Big Bird says.

"Let's move and play together!" Abelardo says.

"Moving and playing together keeps us healthy. It makes our bodies feel good."

"There are lots of ways to play and move."

"Plus it is fun to play and move with our family, it keeps us all healthy!" Big Bird says.



"How should we play and move today?" Big Bird asks. Abelardo isn't sure.

Should they dance?  
Should they play throw and catch?  
Should they jump?



Then Abelardo gets an idea!

"Let's do dance throw catch jump!" Abelardo says.

"Dance throw catch jump?" Big Bird asks.

"What's that?"



Abelardo puts on music. He starts to dance.

He stops to throw and catch a ball.

Then he puts the ball down and jumps.

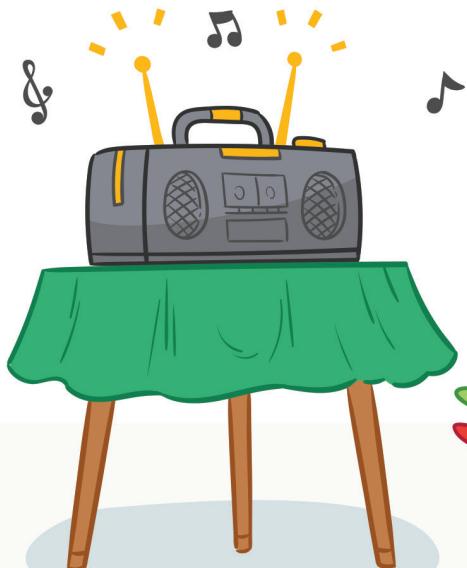
Then he starts dancing again!



Big Bird laughs. "I've never done this before," Big Bird says.

"We are a family that tries things," Abelardo says.

"I am so glad I tried this,"  
Big Bird says.



"Dance throw catch jump is  
tricky, But it is so much fun!"

"There are lots of ways  
to play and move,"  
Abelardo says.

"But playing and  
moving with my  
cousin is my favorite!"



1. What are your favorite ways to play and move by yourself? With friends? With your family? Choose one and act it out together!
2. Who plays and moves with you? Draw a picture of that person!
3. What is a new way of playing or moving that you would like to try? Who will you try it with? Draw a picture of what you will do together!

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