

Moving their bodies outdoors helps children grow healthy and strong, and children love being able to see how they're growing:

- Measure your child anytime—maybe the first day of school or on birthdays.
- Record the date and their age, and read the numbers together.
- Discuss other things we need to grow—like healthy food, water, sleep, and love!

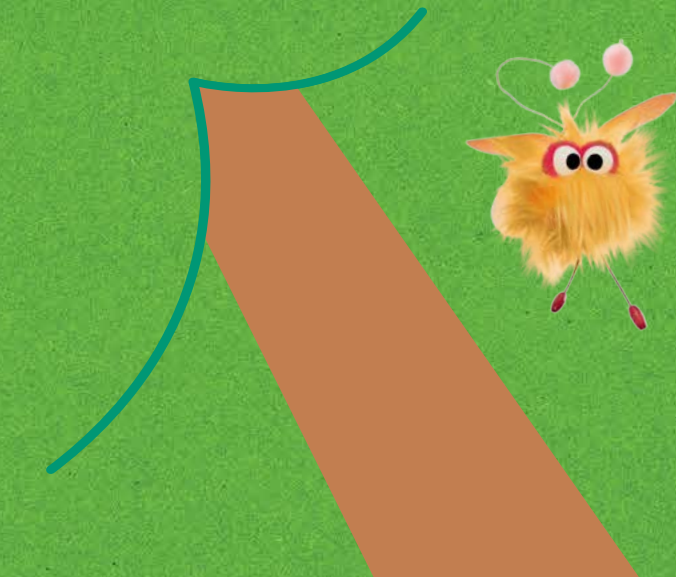
For more resources visit Sesame.org/readyschool and pncgrowupgreat.com/sesameresources

ABBY

is 20½ inches tall. The plants in her garden are growing healthy and strong... just like her (and you)!

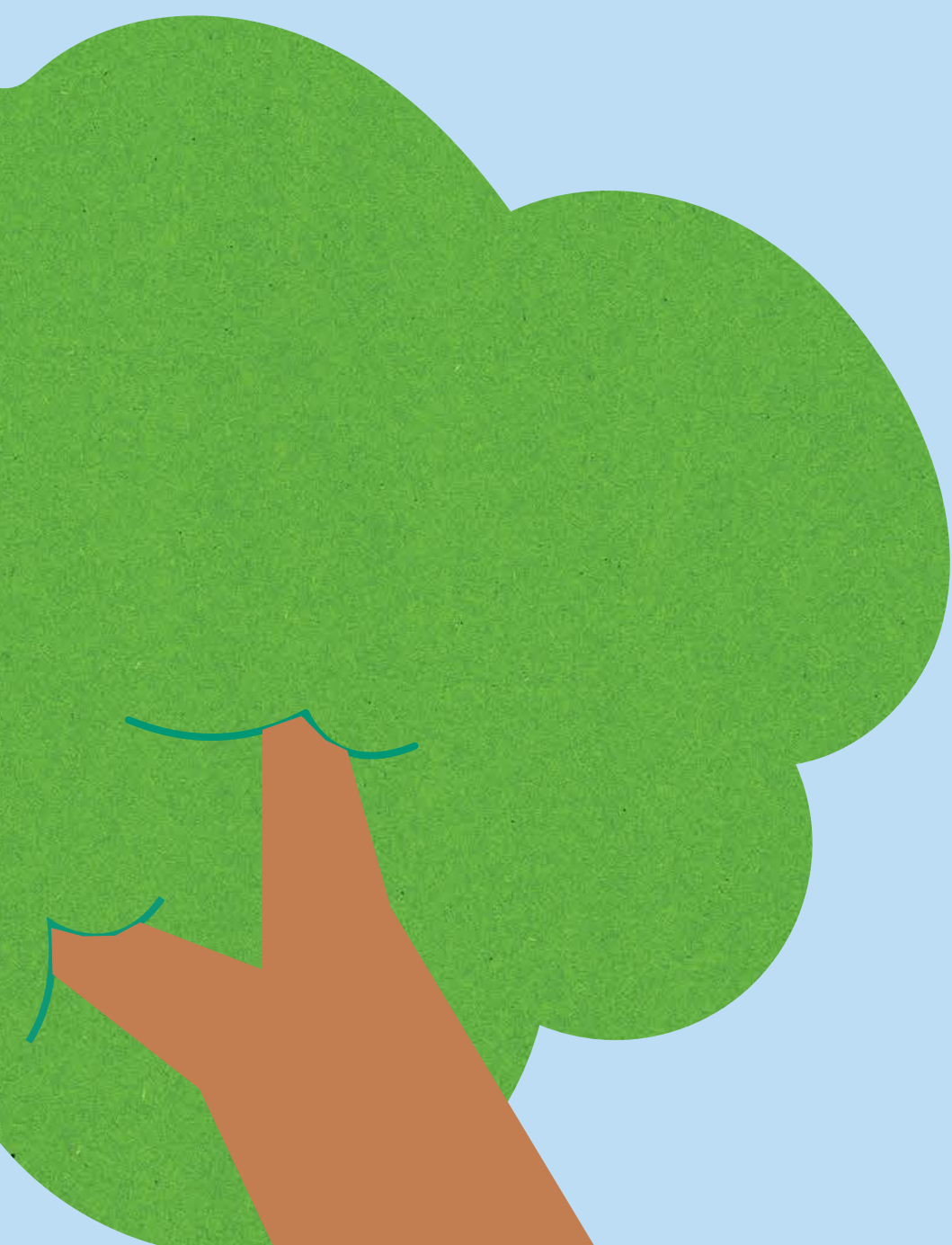
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Go Outside... Grow Outside



BERT

is 38½ inches tall. He loves his pigeon friend, Bernice, and likes observing the birds in his neighborhood. Flap your arms like they are wings!



ROSITA

is 34 inches tall. She looks up at the clouds, notices their shapes, takes a belly breath, feels the sun and breeze on her fur... and her body feels calm. Ahhhh.



ELMO

is 28 inches tall. He loves jumping in leaves. He practices hopping on one foot.



BIG BIRD

is a very big bird—he's 8 feet 2 inches tall (that's 98 inches)! His legs have become strong from running, jumping, balancing, and climbing on the playground. What do you like to do on a playground?

