

Blue's Blog



November 2019



Hi everyone! It is November and my clubhouse friends and I are excited to share with you our love of reading and enjoying books. Did you know **that November is Picture Book Month?** We love picture books, really any books. We've worked together with friends to create an active picture book of who we are and how we like to move our bodies to stay healthy!

We also like other books, especially those books that help us stay healthy. We love to hear stories about eating healthy and being active. Our Be Active Kids friends have created a one-pager that list books that will help get us moving during story or circle time. We encourage you to try some of these books and see what you think. Also, check out our story on a trip to the farm that can be found in the Be Active Kids Movement Guide.



These are two of our favorite resources to help teachers and caregivers be inspired to use more active stories in their classroom:



[Literacy in Motion](#)



[Trip to the Farm](#)

You probably think I have forgotten that November is also time a to be thankful, especially with Thanksgiving this month. We are thankful we have had a great year of sharing and creating opportunities for young children to be physically and mentally healthy and helping providers and partners share information to encourage opportunities for active play.

We encourage you to celebrate National Picture Book Month and have your kiddos be active as they listen to your read. We ask that you take a minute and reflect on what you have to be thankful for as well. We want to hear from you when you do! Email your stories, thoughts, and pictures to info@beactivekids.org or share on Facebook, Twitter, and Instagram by using **#beactiveblue**, **#caughtbeingactive**, and **@beactivekids**.

Happy Thanksgiving and see you in December.

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