

## PARENT RESOURCE

# FALL INTO MOVEMENT WITH BROOK THE OTTER AND FRIENDS!

Join Brook and her friends as they march, flap, wiggle, jump, shake, balance, reach and breathe their way through fall!



## TRY THE ACTIVITY

Get ready for some fall fun! Invite children to move along with Brook and each of her friends. Take turns choosing a move, repeat a favorite, or make up a new one. Every move can be changed so everyone can join in. Inside or outside, moving our bodies is more fun when we do it together!

## KEEP THE FUN GOING

Ask:

Which fall move was your favorite?

Which character would you move like again?

Can you create your own fall move?

What should we call your new move?



Moving together helps kids build strength, balance and confidence. It's also a chance to laugh, play and spend time together. Even a few minutes of playful movement can make a difference!



## LEARN MORE

Visit [health.alaska.gov](https://health.alaska.gov) for additional mental wellness resources for families.

