**Bumpityville Bus Ride...**

**Say:**
- Who wants to go on a bus ride?
- OK, let’s go to the bus stop and wait for a bus
- Here comes the bus, it’s the Bumpityville Bus
- Get ready for the ride of a lifetime!
- Look, there is no bus driver
- We’ll have to drive the bus ourselves
- Put on your bus driver hat
- Look, there’s no room to sit down! Hold on tight!
- Start your engines
- Yell “All aboard the Bumpityville Bus!”
- OK, here we go
- Oh No! A dead end!
- Let’s turn onto a smooth road
- Here we are on the smooth road
- Oh No! Another dead end!
- Now we have to drive on the bumpy road!
- Here we are on the road to Bumpityville!
- It’s getting bumpier!

**Do:**
- Jump up and raise hands
- Walk in place
- Pretend to climb into the bus
- Pretend to put on a hat
- Reach up and make a fist
- Pretend to turn the key and push the gas
- Close the bus door and drive
- Start walking
- Freeze in place
- Make a big swooping turn
- Make smooth skating motions
- Freeze in place
- Start walking again
- Jump up and down like popcorn
- Jump bigger and bigger

(continued on the other side)
Bumpityville Bus Ride... (continued)

**Say:**
- Oh No! A pot hole!
- Wow! What a pot hole!
- Okay, let's keep going
- Look, there is an animal in the road!
- What kind of animal is it?
- Honk your horn! Turn the Bus!
- It's still there! Turn the bus again!
- Stop the bus!
- Wow! We just missed the animal!

**Do:**
- Fall onto the floor
- Stand up slowly
- Start walking again
- Child tells you what animal it is
- Making honking and turning motions
- Turn again
- Freeze in place
- Let out a big breath of air
- Celebrate!

And here we are! Welcome to Bumpityville!!
To: Head Start Parents and Caregivers,

Did you know? Machines of every kind make us less active. If you want to be active, you have to try extra hard. Just a little bit of extra activity makes a difference. So skip the drive-thru restaurants and hide your TV remote control. Start healthy habits with your kids while they are young. Help your children play, rather than watch TV, and you will see the benefits too!
Tell Your Own Story

**TELL AN ACTION STORY...**

Action stories are a fun way to be active together. Try one with your child. You might find that they like it better than watching action movies!

Children love it when you tell them stories. Tell a story that has lots of action words like walk, reach, jump, roll, whisper, wiggle...there can be lots of actions in a story!

**SPECIAL WORD...**

Pick a special word for your story, like blue. Every time you say blue, your child has to do a move, like jump or touch their toes – think of something fun. Say the favorite word lots of times in your story. Help your child recognize it easily by saying it slowly.

**Challenge:** While you are telling the story, do the special moves with your child!

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