

## Horseback Riding

I hoisted one foot over the horse's muscular back. It went into the stirrup, and I settled on the saddle. Glancing nervously at the horse, I pondered an important question. Would she gallop across the field . . . or trot alongside the stream? I hoped she wanted to trot, because my knees shook and butterflies fluttered in my stomach. The horse looked back at me then, her warm gentle eyes reassuring me we would have fun together.

## Buddy

Buddy looks almost like a seal! with his slick coat, soft floppy ears, and a tail like an otter's, Buddy powers through the water almost as confidently as he runs in the park. Our clumsy little puppy, wobbling when he learned to walk, grew up into our family's pet—and my best friend.

## Soccer

I've always loved playing soccer! Before I could even walk, I crawled around pushing a soccer ball ahead of me. I joined my first team when I was three years old. I've been a ball-kicking, goal-scoring player ever since. What's better than a sun-drenched day on the soccer field? Nothing!

## Why Should You Exercise?

Did you go outside and play today? You exercised! Keep up the good work—your body needs exercise.

- Exercise makes you feel strong and healthy!
- Exercise every day to stop you from feeling stress.
- Run or walk every day to make your heart and lungs stronger!
- Play a fun game outside with your friends! Exercising during the day helps you sleep better, too.
- Exercise releases chemicals in your brain that make you feel good. And everyone wants to feel good!

## Summer Fun

When it gets hot in the summer, the best way to have fun is with water! The spray of water from the hose, the splash of boots plunking through puddles after the rain, and the drip, drip, drop from the sink when we fill up water balloons. Kerplunk!

## Riddles

A \_\_\_\_ flies in the air, using echoes to find its way. Crack!

The \_\_\_\_ connects with the ball, sending it flying over the outfield fence!

There's nothing better than scary \_\_\_\_ around the campfire.

If I'm climbing stairs, I hope the building doesn't have too many \_\_\_\_!

Ah! The \_\_\_\_ keeps me cool on a warm day. Hurry!

Let's get a front-row seat to the game. I'm their biggest \_\_\_\_.

## The School Play

I wanted to be in a play. But first came the audition! I practiced so much, I should have been one-hundred percent ready. But then something unexpected happened. I had to read a different section than the one I'd practiced. I took a deep breath. I tried to be fearless as I stepped up to the microphone. Gulp!

## Cheetahs

As fast as my father's Toyota, a cheetah can run close to 70 miles an hour! Its tail is like a rudder on a boat, steering the cat as it races across the savannah. A cheetah's claws help the cheetah grip the ground.