

Hi everyone!

My name is Amy and I work on the *Munch & Move* program. *Munch & Move* is a fun play-based program to support the healthy development of children in care.

It's so important to eat well, drink plenty of water and stay active and moving - not only when you're at your early childhood service but also when you're at home with your family.

Today we're reading Jack's FUNtastic Day in partnership with 'Paint the Gong Read' in celebration of Child Protection Week.

Are you ready for the story?

Jack's FUNtastic day

This is the story of little Jack Quick.
He never ran, or kicked a ball. In fact,
he hardly ever moved at all.

Jack could usually be seen cradling his screen,
swiping here, pressing there, while sitting still
in his chair. Until...

One day when Jack was dawdling,
not looking where he went,
he tripped and rolled out of control,
his glasses, they got bent.

Jack huffed and puffed with anger,
His face went red right after.
He picked himself up off the ground, then
... burst out loud with laughter!

"That looked like fun!" a voice piped up.
"I'm Ruby, by the way.
Let's see what else is fun around here.
Let's find new ways to play."

With that the pair joined forces,
fun-finding was their mission.
"Let's find the fun and everything!
Let's start our expedition!"

First they went jumping,
kangaroos with bushy tails.
They crawled and slid with basket shells
like tortoises and snails.

A treasure hunt found
feathers and leaves of every kind.
“Hey, look at the clouds,” said Jack.
“What creatures can we find?”

When the weather turned wild
and the rain fell down
the fun was still there
... it just had to be found!

Inside the house were gadgets,
like pots and pans and tongs.
“Come on Jack keep time with me!
We'll play some happy-day songs.”

When hide and seek was on,
Jack's family tried their luck.
Pop hid inside a clothes bin
and he got totally stuck!

Statues was a tricky game.
In hallway cricket mum took aim.
In hopscotch Jack became a bunny.
Dressing up was really funny.

By now the day was ending,
with no screens used at all,
Jack and Ruby had found the fun
and had a ZIPDIGGITY ball.

They shared the best day ever,
with laughter and squeals of glee.
“Let's find the fun all the time,” said Jack,
“...in everything we see.”

The End.

Thank you for listening to the story today and remember to turn off that screen and get active! Because there's plenty of fun to be had just like Jack.

And if you're interested in learning more about the *Munch & Move* program including the free training, resources and ongoing support available to New South Wales early childhood service educator please visit our website at www.healthykids.nsw.gov.edu.

Thanks again and have a FUNtastic day!