

Ollie the Owl Learns About Exercise

Lesson Objective:

Students will learn about the importance of exercise for staying healthy and strong through storytelling, music, and engaging activities.

Materials Needed:



- The story “*Ollie the Owl Learns About Exercise*”
- The song “*Ollie’s Exercise*”
- Ollie’s Wise Choices Poster
- Paper and pencils, crayons and markers, stapler/glue stick
- Activity 1- Exercise Stations
- Activity 2- Exercise Art handout
- Home Connection Letter

Introduction to the Topic (10 minutes)

Greeting Outline:

- Welcome the children and have them sit in a circle (if applicable)
- Begin with a brief discussion (topic of lesson).

Greeting and Circle Time Teacher Script

- **Warm Welcome and Opening Discussion:**
 - "Good morning, everyone! I'm so happy to see you! Today, we are going to talk about something really important for staying healthy and feeling great. Can anyone guess what that is?"
 - (Allow children to share their thoughts and gently encourage anyone who may feel hesitant to participate.)
- **Discussion Starter**
 - "That's right! Exercise! Exercise is when we move our bodies by running, jumping, playing, and stretching. It helps make us strong and gives us lots of energy. Let's sit in a circle, and we'll learn more about it through a story about our friend Ollie the Owl and how he discovered the joy of exercise!"

Read the Story (15 minutes)

Story Time Outline:



- Read the story *Ollie the Owl Learns About Exercise* aloud to the class
- Engage the children by asking questions during key parts of the story

Story Time Teacher Script:

Prepare the Students for the Story:

- "Now, I'm going to read the story '*Ollie the Owl Learns About Exercise*.' As I read, pay attention to the different ways Ollie exercises with his friends. Think about what your favorite kind of exercise is, and be ready to share it after the story!"
- (Read the story aloud, pausing at key moments to ask questions and engage the children.)

Read the Chapter with Emphasis on Key Moments:

- **While reading**, pause during key moments.
- **Ask Questions:**
 - What was Ollie doing at the beginning of the story while his friends were active?
 - Who invited Ollie to come and play?
 - What did Ollie wonder about exercise?
 - Who explained the benefits of exercise to Ollie?
 - What are some reasons Grandma Owl gave for exercising?
 - What was the first activity Ollie did with his friends?
 - How did Ollie feel when he started to move and flap his wings?
 - Who led the race across the stream?

- What activity did Ollie do with Sammy Squirrel?
- How did Ollie feel at the end of the day after exercising?

Ollie the Owl Learns About Exercise

In a forest green and bright,
Lived Ollie the Owl, with wings so light.
With feathers soft and eyes so wide,
He loved to play and often glide.

One morning, as the sun did rise,
Ollie saw with sleepy eyes,
His friends were active, moving around,
While he just sat upon the ground.

"Ollie, come and join our fun."
Called Benny Bear, beneath the sun.
"We're playing games and running too,
Exercise is good for you."

Ollie wondered, "Why should I?
Why should I jump, or even fly?"
Grandma Owl, so wise and sweet,
Came to help him from her seat.

"Ollie dear, it's good to move,
Exercise will make you groove.
It helps our bodies, helps our brains,
Keeps us healthy, free from pains."

"Exercise gives energy,
Makes us strong, as you will see.
It helps us sleep and feel so bright,
Keeps us active day and night."

Ollie nodded, wanting to try,
To see how exercise could make him fly.
He joined his friends, with wings spread wide,
And felt the joy of exercise inside.

First, they ran and jumped so high,
Reaching for the bright blue sky.
Ollie flapped his wings with glee,
Feeling strong and feeling free.

Next, they played a game of tag,

Running fast, they didn't lag.

Ollie's heart beat strong and true,
Exercise was fun to do.

Betty the Beaver led a race,
Ollie joined with happy grace.
They swam across the sparkling stream,
Exercise felt like a dream.

Sammy Squirrel climbed up a tree,
"Come on, Ollie, climb with me!"
Ollie climbed, his muscles strong,
Exercise all day long.

Buzz the Bee did loop-de-loops,
Ollie joined with joyful whoops.
Flying high and diving low,
Exercise made his spirits glow.

After all the games and fun,
Ollie rested, day nearly done.
He felt so good, his mind so clear,
Exercise brought so much cheer.

"Grandma," Ollie said with pride,
"Exercise makes me feel alive.
I'll move my body every day,
To keep my troubles far away."

Grandma smiled and hugged him tight,
"You've learned, dear Ollie, you're so bright.
Exercise is good, it's true,
For your body and your mind, too."

So remember, Ollie, wise and keen,
Who learned to keep his body lean,
With games and fun and friends so dear,
Exercise brought joy and cheer.

Ollie the Owl, with heart so light,
Kept moving both day and night.
With Grandma's wisdom and friends so true,
He found that exercise was good to do.

- **Post-Chapter Teacher Script**

- “Ollie’s story helped us see that moving our bodies isn’t just fun—it helps us feel strong, think clearly, sleep better, and stay healthy. Whether we’re running, climbing, dancing, or flying like Ollie, exercise gives us energy and joy. Just like Ollie, we can all find ways to move every day to take care of our bodies and our minds.”

4. Post-Chapter Questions

Ask these questions to help students reflect on the chapter and connect it to their own experiences:

- Why do you think Ollie didn’t want to move at first?
- How did Ollie’s feelings about exercise change during the story?
- What are some ways that exercise helps our bodies?
- What are some ways that exercise helps our brains or feelings?
- What kind of exercise do you enjoy doing the most?
- What games or activities do you play that help your body stay strong?
- Why is it important to rest after you exercise?
- How can you encourage a friend to join you in an active game, like Ollie’s friends did?
- What did Ollie learn from Grandma Owl?
- When could you make time each day to move your body like Ollie?

Sing the Song (10 minutes)



- Teach the children the *Ollie's Exercise* song

- Sing the song together a few times, encouraging the children to join the actions.

"Now, it's time for *Ollie's Exercise Song!* I'll show you some fun movements to go along with the song. Follow me and do your best to keep moving!"

"Ollie's Exercise"

Hand Movements

[Verse]

Ollie the Owl on a tree so high
Sat there all day watching the sky,

Flap arms
Make circles with hands around eyes

[Verse 2]

Hooting at night
Sleeping by day
Never knew exercise
No, not a way

Cup hands around mouth
Palms together, place beside face
Wag finger "no"

[Chorus]

Ollie the Owl, let's move around
Exercise is magic
No need to frown
Flap those wings
Hop on the ground
Feel the joy
Feel the sound

Turn around

Flap arms
Jump
Hand over heart

[Bridge]

Ollie's friends
They liked to play
Flying in the sky
Every day
Ollie watched,
With a sigh
Didn't know why they were so spry

Flap arms

Make circles with hands around eyes

[Verse 3]

One day, Ollie spread his wings wide,
Took a leap
No more to hide
Heart was pounding
Felt so free
Exercise was the key
What a spree

Stretch arms wide
Jump

Hand on heart
Spread arms wide

[Chorus]

Ollie the Owl, let's move around
Exercise is magic
No need to frown
Flap those wings
Hop on the ground
Feel the joy
Feel the sound

Turn around

Flap arms
Jump
Hands over heart

Song Wrap-up

"That's a fun song that helps us to remember that exercise is important for our bodies and how we feel."

Do an Activity (20 minutes)

- Students will practice different exercises and learn the importance of exercise on our bodies and our emotions.

Please choose from the following 2 activities:



Activity 1: Exercise Stations (15 minutes)

Introduce Activity

"Now we're going to play at some fun exercise stations! Each station will have a different way to move your body. I'll show you how to do each one, and we'll spend a couple of minutes at each station."

Activity Instructions

[Guide the children through each station.]

- **Jumping Jacks Station**
 - **Instructions:** Stand with your feet together and hands at your sides. Jump up and spread your legs apart while bringing your arms above your head to clap. Jump again to return to the starting position. Repeat for 2 minutes.
- **Running in Place Station**
 - **Instructions:** Run in place by lifting your knees high and pumping your arms as if you are running. Try to move as quickly as you can without moving from your spot. Keep running for 2 minutes.
- **Stretching Station**
 - **Instructions:** Reach up high to the sky with both arms, then bend down to touch your toes. Stretch one arm across your body and hold, then switch to the other arm. Continue with different stretches for 2 minutes.
- **Hopping on One Foot Station**
 - **Instructions:** Stand on one foot and hop in place. After 30 seconds, switch to the other foot and hop. Keep alternating feet every 30 seconds for 2 minutes.
- **Bear Crawls Station**
 - **Instructions:** Get on your hands and feet with your knees off the ground. Move forward by stepping with your hands and feet, keeping your knees bent. Crawl around for 2 minutes.
- **Frog Jumps Station**
 - **Instructions:** Start in a squat position with your hands touching the ground. Jump up and forward like a frog, then return to the squat position. Continue jumping like a frog for 2 minutes.
- **Balance Beam Station**
 - **Instructions:** Use a line on the ground or a low balance beam. Walk across the line or beam, trying to keep your balance. Turn around and walk back. Repeat for 2 minutes.
- **Skiping Station**
 - **Instructions:** Skip in place or around a designated area. Lift one knee high and hop on the opposite foot, then switch. Continue skipping for 2 minutes.
- **Wall Push-Ups Station**
 - **Instructions:** Stand facing a wall with your feet a few steps back. Place your hands on the wall at shoulder height and width. Lean towards the wall and push back to the starting position. Repeat for 2 minutes.
- **Hula Hoop Station**
 - **Instructions:** Use a hula hoop around your waist and try to keep it spinning by moving your hips in a circular motion. If you drop the hoop, pick it up and try again. Keep hula hooping for 2 minutes.

- Divide the children into small groups and have them rotate through each station, spending about 2 minutes at each one.
- Discuss how each exercise helps different parts of our bodies stay strong and healthy.

Wrapping it Up

Wrap Up the Lesson (5 minutes)

1. Review and Reflection Overview:

- After students complete their activity, invite volunteers to share what they learned.
- Encourage students to continue using the strategy in their daily lives

Review and Reflection Teacher Script



1. Gather in a Circle for Reflection:

- "Let's all come back together in a circle."
- "How does your body feel after doing that? Exercise helps keep us strong, gives us energy, and makes us feel good!"



Activity 2: Exercise Art(15 minutes)

1. Introduce Activity

"Now that we've had fun moving, let's make some art about our favorite ways to exercise. I have paper and crayons for everyone. Draw a picture of yourself doing your favorite exercise or sport. It could be running, swimming, playing soccer—anything you love to do!"

Activity Instructions

1. Hand out the Exercise Art handout to each student.
2. Ask them to complete the sentence at the top of the page. "My favorite exercise is _____, because _____."
3. Draw a picture of themselves participating in the exercise.
4. Ask students to find a partner and take turns sharing their worksheet with each other.

Wrapping it Up

Wrap Up the Lesson (5 minutes)

1. Review and Reflection Overview:

- After students complete their reflections, invite volunteers to share what they learned from their reflections.
- Encourage students to continue using the strategy in their daily lives

Review and Reflection Teacher Script

2. Gather in a Circle for Reflection:

- "Let's come back to the circle and talk about everything we learned today. What did Ollie the Owl learn about exercise? Can anyone share something new they learned?"

Recap Key Points:

- "Exercise helps make our bodies strong and our brains healthy."
- "It gives us energy and makes us feel happy."
- "We can exercise in so many ways—running, flying, climbing, and playing with friends!"

3. Closing

- "Let's all try to move our bodies every day, just like Ollie! We can play, dance, run, and have fun while staying healthy and strong"

Home Connection Letter

1. Sending Information Home:

- “Before you go, I have a letter for you to take home that explains what we learned today in class.”
- Hand out the letters as the children prepare to leave.

Parent Letter

Sending Information Home:

- Provide each child with a letter to take home to their parents explaining the lesson.

Dear Families,

Today in class, we learned about the importance of exercise through the story "Ollie the Owl Learns About Exercise." This story taught us that staying active keeps us healthy, strong, and happy.

Here's what we learned:

- Understanding Exercise: Recognizing how exercise helps our bodies and minds.
- Types of Exercise: Learning about different ways to move our bodies to stay fit.
- Enjoying Exercise: Discovering that exercise can be fun and enjoyable with friends.

We practiced these concepts through engaging in exercise stations and creating exercise-themed artwork. You can help reinforce this at home by encouraging your child to be active and join in family activities that involve movement.

Thank you for your support!

With gratitude,



***My Favorite Exercise is _____,
because _____.***

