TV MOVES ME

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References:


The Couch family loved to sit and watch TV.
Mrs. Milly Couch loved to sit and watch TV movies.
Big Brother Connor couch loved to sit and watch TV cartoons.
Middle brother Clyde Couch loved to sit and watch TV game shows.
And Little Sister Clara Couch loved to sit and watch TV news.
They all loved to sit and watch TV.
They would sit and sit and sit.
One day Mrs. Milly Couch was watching the TV, when SUDDENLY she heard someone talking to her. “Mrs. Couch...hello there, Mrs. Couch...”

She looked around, but she was all alone.

“Mrs. Couch, look over here.”
She couldn’t believe her eyes!
The TV was actually TALKING to her!
The TV said, “I’ve noticed that your family spends a lot of time sitting and sitting.
If they moved around, they would be much healthier.
I can show you how.”
Mrs. Couch started yelling, “Connor, Clyde, Clara!! Come here quickly!!”
The children ran to their mother.
“The...the...TV just talked to me!”
“Yes, I did,” said Telly the TV to the astonished children. “Why don’t you try to skip around the room until this commercial is over. It will be fun. Don’t just sit and sit and sit. Keep on moving to stay fit.”
So all the Couch children skipped around the room, until Telly the TV told them that the commercial was over.
The children sat down to rest.  
But when the next commercial break started, Telly reminded them,

“Connor, Clyde, Clara!  
Don’t just sit and sit and sit.  
Keep on moving to stay fit.”
And all the Couch children reached as high as they could and stretched and stretched until the commercial was over.
When the next commercial break started, Little Sister Clara Couch jumped up and said, “Don’t just sit and sit and sit. Keep on moving to stay fit.”
And all the Couch children took turns jumping over a line on the floor until the commercial was over. Telly the TV said that they were doing a great job of moving.
Connor and Clyde and Clara still loved to sit and watch TV.
But now they exercised and moved and stretched during the commercials. Mrs. Couch was very happy that they were fit and healthy. Telly was very happy that they listened to him.
Then one day Mrs. Milly Couch sat down to watch a TV movie.
As soon as the commercial started, the Couch children came running in and said, “Don’t just sit and sit and sit. Keep on moving to stay fit.”
Telly just smiled.
Young children love to move. Their growing bodies love to hop and jump and run. Sometimes it may seem like they NEVER sit still! Or it might feel like they only sit still when they are reading a book with you (like this one!) or when they are watching TV.

Did you know that most children watch about 32 hours of TV a week? That is almost 4 hours each day. During this time, a child will see as many as 18 commercials in one hour. That adds up to 30,000 TV commercials in one year!!

The American Academy of Pediatrics recommends that children should only watch one or two hours of TV per day.

This book was written to help you teach your children about moving and exercising while they watch TV. Instead of sitting for long hours, they can stretch and move and be active during the commercials. Activity while they are watching TV commercials will help them stay healthy and fit. They will also have fun!

Of course, every family has rules about inside noise and what might disturb your neighbors. Please make the activity suggestions fit into your own situation and rules.

If your child watches public television shows or videos (without commercials), have them get up and move every 10 -15 minutes.

Here are some ideas for activities your children can enjoy during TV commercials.

**“Hot Couch Potato”**

Toss a soft ball, rolled up sock, small pillow, stuffed animal or other safe object from one child to the next. Tell the children to try not to be the one holding the "hot potato" when the commercial ends. The object can be rolled, tossed, passed overhead, passed between their legs, or bounced to the next person.
"Dancing Partner"

Tape several pieces of newspaper together. Have your child lie flat on the paper as you trace their body with a pencil or marker. Cut a picture out of your child's shape and have them use it to dance and move with their "partner".

“Freeze”

Using the remote control from your TV, have the children move and dance when the volume is high. Mute the volume and the children must freeze where they are. Continue to have the children move and freeze throughout the commercials by raising and lowering the volume on the TV.

Idea for moving:

- Shake your arms and legs
- Lie on the ground and roll
- Turn around and around
- Run in place

"Run and Find"

Send your child on a hunt through the house that will keep him moving. This is also a good way to practice colors, shapes and numbers.

Say to your child,

"Find something red and bring it to me. Now put it back."
"Find two white socks. Now put them back."
"Find something round. Now put it back."
"Find two things that are blue. Now put them back."
"Find three books. Now put them back."

Continue having the child find and return things during the commercials.
"Balancing Act"

Invite the children to practice balancing in different ways. Ask them to balance on:

- One foot
- Two feet and one hand
- One knee and two hands
- Two hands and one foot
- One foot and one hand
- One knee and one foot
- Two hands and two feet

"Pretend to Be"

Encourage the children to move and pretend to be:

- A rabbit
- An inchworm
- A pony
- An elephant
- A monkey
- A windshield wiper
- A merry-go-round
- A balloon
- Popcorn
- A growing plant
- Scissors
- An airplane

"Fitness Corners"

Tell the children that each corner of the room is a special place for a fitness activity. For each commercial, have the children move to a new corner and do a different movement.

Corner #1. Have the children stand tall with arms out to the side and twist back and forth.

Corner #2. Have the children reach up and then bend to touch their toes.

Corner #3. Have the children lay on their backs, cross their arms on their chest and slowly roll up until their shoulders are off of the floor.

Corner #4. Have the children lay on their stomachs on the floor and push up with their arms, keeping their feet on the floor.