



Let's exercise our imaginations and our muscles while visiting an apple orchard!

First things first, tell your child to **PULL** on their overalls, one leg at a time, and **TIE** up their boots to get ready for a full day of work!

Now, it's time to get on the tractor and head out to the orchard. The land is pretty bumpy so have your child put **STRAIGHTEN** their arms to get a tight grip on the steering wheel and **BEND AND STRAIGHTEN** their legs as they go over each bump!

Once you arrive in the orchard, **JUMP** down from the tractor and **LIFT** your basket out of the back. It's a pretty long **WALK** to the apple trees (which you can do by taking a real walk or just walking in place)!

Oh, no!! You left the ladder on the back of the tractor!!! You'll have to **RUN** back to the tractor, **LIFT** the heavy ladder onto your shoulder, and **STOMP** back to the apple trees (you are a little angry that you forgot the ladder!)

Place the ladder against the tree, and **CLIMB** up each step by lifting each knee and setting them down until you get to the top of the ladder!

Decide on how many apples you would like to pick and then **REACH** for them and count until you have the number you want! Place each apple in your basket.

Wow! The basket is so heavy! Bend your arm to use your **BICEPS** to help carry the basket down the ladder. You may have to switch arms while you are climbing down!

Here comes the hard part.... You have to **BALANCE** the ladder on your shoulder, **CARRY** the basket using your biceps, and **WALK** through the orchard to get back to the tractor.

And, here comes the best part... Once you are back in your kitchen, in your house, you get to eat one of the juicy apples that you picked by yourself! **RUB** your belly and say "Yum, yum!"

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