

Lesson Title: “Take a Trip to the Market with Kip”

- Possibilities for physical activity to accompany the book include stopping along the way to perform some of the suggested movements, or reading the book all the way through, then going back and selecting some of the movements to perform.
- Suggested movements to accompany the book include:
 - Follow the Leader to begin and close the story. This activity could include a number of locomotor skills, levels in space, pathways, directions, speeds, etc.
 - Apples:
 - the letter A (upper- or lowercase)
 - apple hanging from a tree; swinging in the breeze
 - shape of an apple pie; then a slice of apple pie
 - applesauce simmering on the stove
 - picking apples
 - Strawberries:
 - letter S
 - strawberry slices floating in milk
 - jam
 - a strawberry shake (being made; being poured into a glass)
 - strawberry picking
 - slicing strawberries
 - Pears:
 - letter P
 - pear shape
 - shape of a pyramid
 - pear juice being poured
 - pear butter being spread
 - Watermelon:
 - letter W
 - growing slowly from a seed to a watermelon
 - shape of a watermelon; watermelon wedge (before and after eating); watermelon ball
 - watermelon rolling
 - Corn
 - letter C
 - shape of an ear of corn; a niblet
 - being shucked
 - being buttered
 - popcorn popping
 - Tomatoes:
 - letter T
 - tomato shape; slice shape
 - tomato sauce being spread on a pizza

- tomato sauce simmering on the stove
- ketchup coming out of the bottle
- size: cherry tomato vs. regular
- Broccoli:
 - letter B
 - shape of a spear; a bunch
 - being cooked: going from firm to soft (a good relaxation exercise)
 - being dipped
 - being stir-fried; steamed
- Sweet potatoes
 - letter P
 - being washed
 - being mashed
 - being dug
 - shape: whole & wedge
- Lettuce:
 - letter L
 - shape of ahead of iceberg; Romaine
 - head of lettuce being pulled apart
 - being tossed
 - lying in sandwich
 - wilting
 - being washed; shaken
- Kiwi:
 - letter K
 - fuzzy vs. slippery
 - kiwi shape; slice shape
 - rolling
- Other suggestions: When a child's page is read, the child can be asked to show their puppet and act out the statement. For example, "Choose us, called a couple of crunchy apples." Use exaggerated reaching movements. On pages not specific to any one fruit or vegetable, like the last page, "I'm ready to go home and have a snack!" ask all children to stand and use marching movements with knees high and arm movements with it.