



**Feel the Beat: Dance Poems that Zing from Salsa to Swing**

by Marilyn Singer; illustrated by Kristi Valiant

*From samba and salsa to tango and hip-hop, this collection of poems celebrates dance and the joy it brings around the world.*

Dial Books, 2017. Artwork used with permission. penguinrandomhouse.com

**Engaging Readers**

Kids can get up and dance with Marilyn Singer's *Feel the Beat*, but you can take nearly any book and make it move! Encourage children to act out parts of the story as you read or create an action for them to do to imitate a character or repeated event. Repetitive text titles such as Michael Rosen's *We're Going on a Bear Hunt* or *Wiggle* by Doreen Cronin have reasons to move built right in to the story. For other titles, save movement for after you finish the book and let kids interpret it with their own moves.

**Community Connection**

Help kids reach the goal of an active lifestyle that includes a fit mind! Reach out to members of your community who could serve as positive role models and offer their advice on getting fit and on good reads. Ask local high school or college athletes, cycling or hiking club members, or gymnast or yoga instructors to visit with kids to promote reading and exercise and challenge students to do equal amounts of both!

**Ready Resources**

Adding physical activity to a child's day can help transform students' academic performance. **Energizers** are quick, easy-to-use classroom activities designed to integrate physical activity and academics. Get the most benefit from these Energizers, which were developed by East Carolina University for the NC Department of Public Instruction, when you use the activities two to three times a day.

[nhealthyschools.org/energizers/](http://nhealthyschools.org/energizers/)

**JULY 2018**

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3	4 Independence Day	5	6	7
8	9	10	11	12 National Summer Learning Day	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				