



fall 2018



Fall in the Country

Have you ever been to a farm? These magical places are where our food is grown and cute critters are raised. If you live on a farm or near one, send me some pictures to buddybear@shcu.org.

Have a wonderful fall.

BUDDY BEAR

Buddy Bear
Cub Club President



Autumn Snack

Circle the coins needed to buy the apple.



Parents' Corner

Physical Activity Pays Off

According to child health experts, kids should get at least 60 minutes of physical activity every day. But the question is, how do you meet that goal if you don't live out in the country? We've put together some ideas to help.

Get Aerobic

Take your child with you on a walk or two every day. Bring the dog, too. Just be sure to include brisk walking along with your casual pace. You can also check into youth soccer groups or other sports as these can be quite aerobic for young kids. As your child gets older, it could be okay to go running with them as well. But talk to their pediatrician first.

Get Muscular

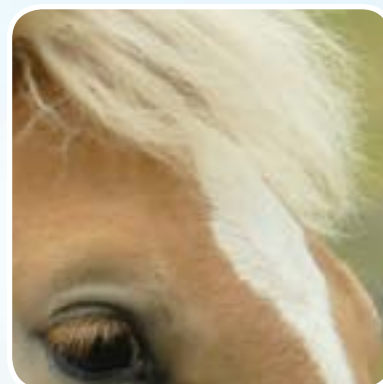
If you can, do push-ups, pull-ups, yoga, or other strength-related exercises with your child every day. It doesn't have to be a lot. And remember not to push them too hard. Children don't require much muscle strengthening.

Get Strong

Try to include activities such as jumping rope, hitting a boxing bag, jumping up and down the stairs, and more into the routine. These exercises can build strength.

Country Life Close Up

Life on the farm is super fun. Can you identify these cute and fuzzy farm animals?





Buddy's World Records

World's Smallest Cow

The smallest cow in the world stands just 24-inches tall. That's about the height of a full-grown German Shepherd dog. The cow's name is Manikyam. It lives a happy life in Kerala, India.



Fluffy Paper Plate Sheep

Don't be baaaaaashful when it comes to art. Get these simple supplies together and enjoy creating this cute, fluffy sheep.

Supplies:

- Paper plate
- Cotton balls
- Black craft paper
- Black marker
- White paper
- Glue
- Scissors

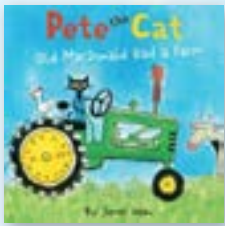


Instructions:

1. Draw an oval face and ears for your sheep on the black craft paper.
2. Draw two legs and a tail for your sheep on the black craft paper.
3. Cut along the lines of your sheep's face, ears, legs and tail.
4. Cut two small ovals from your white paper. These will become the sheep's eyes.
5. Apply an even layer of glue on the inside of your paper plate.
6. Then fill the whole surface with 1-layer of cotton balls.
7. Glue your sheep's head and ears to the top of the cotton balls.
8. Glue the legs and tail to the back of the plate so they are visible.
9. Glue the eyes to your sheep.
10. With a black marker, add black dots to the center of your sheep's eyes.

Buddy's Books

Your local library as well as the library at your school have thousands of books you can read this fall.



Ages 3-8

Pete the Cat:
Old MacDonal Had a Farm

by James Dean

Pete the Cat gives its own spin on the classic children's song 'Old MacDonal Had a Farm' in a book filled with bright colors and fun illustrations.



Ages 10+

Charlotte's Web

by E.B. White

This is the story of a little girl named Fern who saves a pig named Wilbur who is friends with a spider named Charlotte. This is a classic book that every tween, teen, and adults should read.



Country Life Close Up

If you guessed a cow, sheep, and horse, you got them all correct

Farm Funnies

Do you have any fun jokes you would like to share with me? Send them to buddybear@shcu.org.

Q: What do you get when you cross an irritated sheep with a moody cow?

A: We don't know, but it will be in a baaaaaaaad mooooooooood.

Q: Why did the cow cross the road?

A: To get to the udder side.

Q: Why should you never play football with a pig?

A: Because they always hog the ball.