

# Take **one** Step

To get to know and encourage your buddy write to each other weekly.

- February 12, 2007— Tell your buddy how many steps you have walked and what is your favorite outdoor activity.
- February 26, 2007— Encourage your buddy to use his jump rope. How many times have you used your jump rope? Who do you like to use your jump rope with friends or alone?
- March 19, 2007—Where do you like to use your frisbee? Write about a funny thing that happened while using your frisbee.
- April 2, 2007—Ask your buddy if they have tried any of the fun activities on the activity card. Which one was your favorite?
- April 16, 2007—Tell your buddy your favorite kinds of exercises.
- April 30, 2007—Name one exercise activity your family does together outside. Ask your buddy what exercise his family does.
- May 14, 2007—Name one fruit or vegetable you have tried. Did you like it? Why or why not?

Check out the Take One Step website at  
[www.klrn.org/takeonestep](http://www.klrn.org/takeonestep)