

The Adventures of the 7 Wonderlicious Girls



Light

The Adventures of the 7Wonderlicious Girls

by
7Wonderlicious

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Ally loves learning about new things. Today she is reading a book that is teaching her all about astronauts and flying to the moon.

Ally learns what astronauts wear on the moon and what the moon looks like up close. She wants to be an astronaut one day too.

Ally enjoys learning about new things, people and places. What will she read about tomorrow?

What is your favorite book? Why do you like it? What have you learned from it?



It is a bright and sunny day outside.

Anita thinks it is the perfect day for a bike ride.

After riding for a few minutes, Anita's bike stops working. Anita is not upset or worried because she knows that if she stays calm, she can fix the bike in no time.

Remember to stay calm when something goes wrong. When you are calm, you are able to think clearly and fix the problem quickly.



Ally and Amali know that exercising is a great way to get healthy and feel happy.

They are happiest when they are riding their bikes and rollerblading. They are exercising while having fun!

Because Ally and Amali exercise every day, they are always full of energy and ready to take on life!

What do you like to do for exercise?
How does exercise make you feel?



Anita and Mimi are spending a wonderful morning playing with their ball in the park.

Exercising has left them quite hungry, so they have decided to have a picnic with their friend, Snuggles the Bunny.

For their picnic, they have packed all of their favorite foods; sandwiches, juice, vegetables and fruit.

Anita and Mimi taste all of the different fruits and vegetables on their picnic. They know that fruits and vegetables are healthy and will give them a lot of energy!

What is your favorite vegetable? What is your favorite fruit?

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