3-2-1 Blast-off! A Trip to the Moon

Today is a special field trip to the moon. But before any space trips, astronauts and space travelers must work out daily to get strong muscles. We must **run** to make our legs strong. We must **jump** to make our legs even stronger. We must **lunge** to make our legs as strong as ever. All of those exercises make our lungs and bodies ready for the moon.

This long trip requires special space suits. **Slide** your arms in your huge suit and **zip** it up tight. The space shuttle is ready for us! It is enormous with many stairs to **climb**. **Lift** those legs high to reach inside. This will be a long and far journey, **wave** both hands nice and big to your family and friends. “We’ll be home soon!” **Fasten** the seatbelts tight. Click!

3-2-1 BLASTOFF! Our shuttle **jumps** off the launch pad into the sky. It’s a bumpy ride and **shakes** our entire bodies. The shuttle **spins** and **spins** through thousands of miles. Finally, we **land** on the moon and can explore. The door is small so **duck** down low to step outside to the moon. There is no gravity, so we take **slow, giant floating steps**. Our arms **float** out at our sides. With no gravity, space rocks fly at high speeds. WATCH OUT! A giant one is coming this way. **Duck** low, quick, to the ground, so they miss you. Whew! That was close.

Like the first, proud explorers to the moon, we will **pound** an Canadian flag here to stay. It’s time to head back to earth! **Float** back to your seats so we can complete our trip home!
A Day at the Dairy Farm

Do you know where milk comes from? A Dairy Farm! Let’s go on a field trip to learn about what happens on a dairy farm!

**Hop** on the bus and **squat** down in your seat.

**Look** out the window at all of the fields and farms going by.

Here we are. **Stand** up and **walk** off of the bus.

Let’s **put on** some big boots.

**Walk** out to the barn.

Cows need to be milked twice a day. First thing in the morning and in the afternoon. Most dairy farms use machines, but let’s practice **milking** a cow by hand.

**Squat** down onto a milking stool. To milk the cow **squeeze** your hands and **move them up and down**.

Carefully **carry the bucket** to the large holding tank.

**Pour** the bucket of milk into a big tank. The milk will be sent to the dairy to be processed before it goes to the store.

We need to feed the cows. Use a pitch fork to **scoop** some hay. Then give them a scoop full of grain in the cow’s trough.

Finally, let’s clean up the milking barn. Get a big broom and **sweep** the floors. Now take the water hose and **spray everything** down **moving the hose from left to right and from top to bottom**.

Whew! That was a lot of work; let’s **stretch** out our arms and legs and then **walk** back to the bus. I am ready to relax and enjoy a cold glass of milk!
A Snowy Day

It snowed last night and school is cancelled! Let’s get dressed to go outside! **Put on your boots and jacket** and don’t forget your **hat**.

First, we need to **walk** through the snow, so we can start **building a snowman**. **Lift your feet high** and don’t fall over. I think it snowed at least 2 feet! This looks like a good spot. **Bend** down and start **making snow balls**. Pack the snow together and **roll** it on the ground. Make as many as you can. Now, **pick up** the snow balls and **stack** them to make a snow man. Make it sturdy and **add eyes and a nose and mouth**! That looks great.

I feel like making snow angels. Start by **moving only your arms**; keep them extended and bring them up and over your head and back down to your side. Now, move your legs by themselves as if you were doing **jumping jacks**. Great! Move your **arms and legs together**? What a bunch of beautiful snow angels you are too!

My friend wants to have a snowball fight. Let’s start **throwing** the snowballs we just made! **Bend** down to pick them up and **throw** them as fast as you can. Now, try **throwing** them with the other arm! It’s almost time to head home. **Run** to the sled with me! Now, **hop** on it and **lean** forward as we go down the hill. Watch out for that tree! Good job. Let’s **walk** back to the house now for a healthy snack. Remember to **lift your feet up high**; it is a challenge to travel through the snow. That was a lot of fun! Maybe we can do that again soon.
A Trip to the Zoo

Hi! Today we are going to the zoo. **Put on your shoes** and start **walking**!

I’m so excited, I can hardly stand it!

Let’s **jog**, so we get there faster! Keep your arms close to your body and stand tall. Come on, faster! We’re here!

The giraffes are up ahead. Let’s try to **reach** up to touch the giraffe. Maybe if we **jump**, we can get a little closer. Ready? On the count of three. One … Two … Three … **jump**!

Wow! Look at those fish. Let’s pretend we are **swimming** with the dolphins. We can do the **front crawl** and the **back stroke**. Now, **plug your nose** and **wiggle** under water.

I see the flamingos over there, and they are **standing on one leg**! Let’s try that. Can you **close** your eyes while you do it?

Let’s imitate the monkeys. They are **bending** down to pick up a banana, and then they **jump** up in the air!

Look at all of those birds! Lift up your arms and **fly** like them!

Now, put your hands together and **slither** like a snake.

Just for fun, **imitate** your favorite animal. I’m going to **waddle** like a penguin.

What animal did you choose?

Before we leave, let’s get on the train for a final trip around the zoo. **Pull on the bell** to make the choo-choo noise! Now, **move your feet quickly** to help the train move!
A Visit to the Vegetable Patch

We are going on a field trip today to the vegetable patch.

Get on the bus and find your favorite seat. **Hold** on tight; it is going to be a **bumpy** ride. **Lean** to right as we **bounce** around the corner. Now **lean** to the left. We made it!

**Put on** your boots and gloves and let’s take a **walk** around the farm.

Look at all of the vegetables. Which one is your favorite? Let’s go **dig** some root vegetables first. Get your shovel ready and **scoop** up some potatoes and then **pull** up the carrots and onions. **Put** them in your wheel barrow.

Next we can **walk** over to **pick** some leaves. Do you eat leaves? Of course you do. One kind of vegetable is leaves! **Reach down low** and tear off some lettuce and spinach.

Ohh! Look at the pretty flowers over there. **Bend** at your waist with your **legs** **straight** and **smell** the flowers. We eat flowers too! Let’s **reach** down and **cut** some heads of broccoli and cauliflower. Yummy!

I see a whole field of tall corn stalks. **Stand** on your tip toes. Can you see over the top? Now, **reach** up high and **pick** some ears of corn. Keep picking until you have a basket full.

Let’s **skip** over to those vines and shrubs. **Reach** down to pick peppers, tomatoes and zucchini.

Finally, let’s head inside to the kitchen and cook up something good to eat with all the vegetables from the garden. Mmmmmmm!!!
At the Yoga Park It is a beautiful day!

Let’s walk to the park. Hey look, they are doing Yoga at the park today! Let’s join in!

Roll out your yoga mat on the ground. Stand up tall. Take some deep breaths in and out through your nose. Fill your lungs with air and feel your belly blow up like a balloon when you breathe in. Push all the air out of your belly as you breathe out. Yoga is a great way to stretch out and feel strong.

We can be like the ducks in the pond diving for fish. Stand with you feet shoulder width apart and raise your hands toward the sky. Dive your arms down. Lead with your beak and try to catch some fish. Let’s do that again!

We can be like a warrior in the forest. Step one foot behind you and bend your front knee. Keep your back leg straight. Raise your arms above your head and place palms together. Keep your body strong and brave as you look around for animals. Bring your feet together and then step back with your other foot to show us your warrior pose again.

Now let’s balance like the trees. Stick your right knee out to the side and place your right foot on your standing leg’s ankle or lower leg. Bring your branches up high and then let them sway in the wind. Remember to breath and keep your ‘roots’ on the ground. Try balancing on your other foot.

Let’s pick some flowers. Step your feet out wide to your sides. Raise your arms up to the sky and then sweep them out and down to the ground bending your knees. Keep your back straight. Sweep your arms up and down lifting the flowers into the sky.

Next, keep your knees straight and bend at your waist down to the ground to look for bugs. Walk your fingers out in front of you to get a closer look at that caterpillar. Stand up tall again. Let’s wind our bodies up like the caterpillars in their cocoons. Wrap your arms and legs around each other. Now twist and turn like you are trying to break free. It is good to end our yoga like we started with some big belly breaths. Stay seated and cross your legs. Place your hands on your knees and keep your back straight. Take some deep breaths. Close your eyes and picture your favorite place to be. Yoga is over for today. I hope to see you again next time!
Basketball Practice

We have a big basketball game tomorrow. The opposing team beat us the last game, so we need to step it up this time and get a good practice in today. Let’s **put our jerseys on**!

First, we have to warm up. Find a partner, and **throw** a chest pass to each other as you **shuffle** side to side. Put some power into it! After you move to the right for a little while, switch directions. Don’t stop shuffling and make sure to catch every pass!

Next, we need to practice our bounce pass. **Dribble** the ball to one side for a few steps, **pass** it to your partner with only one bounce, and **shuffle** the opposite direction as they pass it back to you. Do that several times.

Now it’s time to practice by ourselves. Grab a basketball, and **dribble** it as you walk around the court. Try **dribbling** through your legs and around your back.

Have fun! Let’s try **shooting** the ball for a while now. **Dribble** the ball as you walk to the free throw line. **Bend** your knees and **shoot** the ball! Did you make it? Try it one more time.

Our coach said we need to do some sprints. Ready? Go! **Run** as fast as you can to the free throw line. **Bend** down to touch it, and **run** back to the starting line. Now, **sprint** to half-court. **Bend** down to touch the half court line, and **run** back quickly to where you started. Good!

Finally! The best part of shooting practice. The coach will pass you basketballs nonstop, and you just have to **jump** and **shoot** from wherever you are! The key is to keep **moving** around the court. Ready? Go! **Catch** it. **Shoot** it.

Great practice today everybody. See you at the game!
Camping Out

Tonight we are going camping!

First, we have to grab our backpacks and **walk** to our camp site. The campground is just over that hill. **Pump** your arms and **hike** with big steps as we head up this dirt path. Almost there! What a challenge it was **carrying** our heavy backpacks to the top of the hill.

What a view this is from the top, now let’s **run** down! Be careful not to trip on the sticks on the path. I think if we cut through this prairie grass, we’ll get to the campground faster. We just need to lift our legs high as we **walk**. This grass as grown so much. Just a little bit further and we’ll be there. We made it!

First we need to set down our back pack and start the fire. **Walk** to the wood pile to **pick** up some logs from the ground. Get a big armload and **carry** them back to our camp site. **Walk** back to the pile and **carry** more logs.

We have some time before dark, let’s play Frisbee. **Throw** it as far as you can across the grass. Wow! What a throw. Let’s **run** over there to get it. Try to **throw** it to your friend this time. Have them throw it back and **jog** over to **catch** it!

Let’s **walk** to the lake with to go fishing. **Cast** out the fishing pole, and **reel** it back in until you have a catch. Don’t give up! Try a few times.

Since its getting dark, we better **jog** back to the camp site. It’s time to **roll out our sleeping bag** and **climb** in. Good night!
Fun at the Lake

Get in your boats, we are at the lake today!

Carefully climb in the boats. “Hold the oars and reach forward, pull back, reach forward, pull back. Stretch and pull.” Good job.

Now that we are away from the shore, let’s row backward to get back to land. Be sure to move your arms in the opposite direction. Whew, all that rowing was an arm workout!

Hop out of your boat; it’s time to fish now! Grab your fishing pole. First, cast it out, and then reel it back in, tugging on it from time-to-time. Did you catch anything?

Why don’t we join that volleyball game for a while? Jog over to the sand court with me. Here comes the ball! Put your hands together to make a fist, and bump the ball up in the air! It keeps coming back over the net! Keep bumping the ball. Now let’s try spiking the ball down over the net. First, jump in the air and slap the ball down over the net. Try that several times.

Great work! Let’s take a dip in the water to cool off before we go home. Skip over to the dock with me! Jump in! Why don’t we swim for a while? Do whatever stroke you would like: the back stroke, side stroke, or front crawl. Whew! That’s all we have time for today! Let’s do the dog paddle up to shore and call it a day.
Helping on the Farm

Today we are helping on the farm. There is a lot to do, and things are going to get dirty, so let’s **put on our farm clothes**. Don’t forget your **hat**!

First, we have to feed the horses. **Pick up** these full buckets of corn and **pour** it all into the trough.

Now, we need to help the farmer herd cattle. Hold the herding sticks out to your side and keep the cows from moving past you! Here they come! **Shuffle** side-to-side to keep them from getting by. Good work.

While we are in the pasture, we need to chop down this old tree. Pick up your axe and **swing** it at the base of the tree. Now, **chop** on the other side. This huge tree will take several **swings**. Keep **chopping**. The tree is falling down. Quick, set down your axe and **run**!

That was close. The farmer needs help picking up rocks now, so grab your gloves and **push** the wheel barrow over toward the barn yard. **Bend** down and pick up as many rocks as you can find and set them in the wheel barrow. Great! Next, we need to **climb** up this ladder to get to the top of the barn. Now, **carry** these bales to the other side of the barn where you can stack them all against the wall. You will have to stack some by **reaching** high.

After all this work, let’s play with the dog. **Throw** the Frisbee to her! When she brings it back, **throw** it out again! Oh no! She is running with our Frisbee. **Chase** her!!! Whew! She can run fast. I’m glad the Frisbee is back.

What a fun day! It’s time to go home now, but hopefully we can come back soon to work AND play.
Jungle Safari

Hello boys and girls! Today we are going on a jungle safari. First, we have to \textit{balance} as we \textit{walk} across this rope bridge. Keep one foot in front of the other, and try not to fall off. We made it!

Now, we need to \textit{climb} this tree. Use your arms and legs to pull yourself up. I want to get a nice picture of all of the plants and animals. Perfect! Great picture!

Very carefully, \textit{jump} down onto the ground. Let’s do that again, I love climbing trees! Oh no! That lion must have heard us. \textit{Run}! He is coming after us! \textit{Duck} under the edge of this giant rock and maybe the lion will leave us alone. Shh! Be very quiet. Whew, that worked!

Now, we have to cross this alligator pond to get to the other side of the jungle. Carefully and quietly \textit{hop} from rock to rock. Do not fall in, those alligators look hungry today. Whew, that was close!!

I want to see more animals, but I think we have to climb this hill first. Let’s start \textit{hiking}; be sure to \textit{pump your arms}. We are almost there; let’s use this rope to \textit{pull} us up to the top of the hill.

Look! There they are! Quick, \textit{run} with me to see them! We should probably stop here before we get too close. WOW! The day flew by. That’s all the time we have; hopefully we can have another jungle adventure soon!
Our New Puppy

My family was so excited to get a new puppy. We walked to the pet store to pick out our new pet! We found the puppy we wanted in a kennel with his brothers and sisters. He was jumping as high as he could to get out. We bent over to pick him up and walked back home.

This puppy has lots of energy and wants to go for long walks at night. I walk a block and then run a block to get him more exercise. It is good for me and my family too!

After school every day, I play Frisbee with the puppy. I throw it as far as I can. He never gives up. He runs and jumps to make a good catch every time. He has learned to bring the Frisbee back which is a lot less running for me!

One night on our walk, he saw another dog and he ran fast pulling the leash out my hand. I chased him for blocks, but he kept running after the other dog. He cut through a yard where I had to jump a fence and then duck under a clothes line and kept running. He squeezed under a fence and I had to crawl under too. The puppy ran through my neighbor’s freshly planted garden where I hopped over and skipped through the new plants. He finally started to head home and then ran right into his dog house. He knew I was not happy!

Puppies are a lot of work, but can be a lot of fun!
Planes, Trains, and Automobiles

It’s a great day of travel ahead. We’ve been learning about fun ways to travel and now we get to go see some sights too!

Let’s climb on the bus for a short ride to the train station. “All aboard!” The driver calls as we pull up. Quickly we run to the train wanting seats on the caboose. He lets us pull the whistle which hangs from the ceiling. Chug, chug, chug the train slowly starts crawling forward. We move faster and faster and faster and Toot! Toot! The train slowly climbs up the mountain side, we lean back in our seats. The higher we get, there is snow on the ground.

At the top, the train stops and we jump out. The snow is deep, and we take giant steps to get through snow drifts. Snow skiers shoot down the hill, leaning to one side and then the next. They all have poles out at their sides to guide them. It’s chilly. We all shiver and head back to the train.

On the way down the mountain, we lean back again in our seats as the train rushes down.

A helicopter is waiting for us. We watch the blades spin and spin. We load up and fly along the river. It’s beautiful to see far below. We land next to the river, jump out of the helicopter and see our next form of transportation – row boats!

We put on the life jackets and away we go. We row, row, row our boats right down the river. HONK! HONK! That’s our ride! The bus is here to take us home!
Spring into Spring

Spring is a season that brings all kinds of new life to the world.

Gardeners and farmers get busy scooping dirt and filling wheel barrows to prepare for planting. After many rains pour down from the sky, seeds break through and small plants stretch high to the hot sun. Weeds grow too. So gardeners bend over and pick, bend over and pick, bend over and pick until those pesky weeds are gone.

Baby birds punch out of their eggs.

Ponies run through the fields kicking their hooves high.

Baby bunnies hop quickly through the tall grasses.

If you look deep into the grasses, trees, and plants, you will see furry caterpillars crawling along. Their bodies scrunch small and stretch long, scrunch small and stretch long, scrunch small and stretch long to get where they need to go.

After chomping through many leaves, they spin a special cocoon. They’re wrapped tight by spinning, spinning, spinning special thread. A few weeks later a beautiful butterfly breaks through and the cocoon falls apart. The butterfly spreads its colorful wings and flies away.

They join the hopping bunnies and buzzing bees. Spring brings all kinds of new life to the outdoor world.
Supermarket Shopping

We need some groceries, so let’s walk to the supermarket. Don’t forget to bring a list of what we need. At the store jump up and down and make the door open. Grip the handle bar of a cart and let’s get shopping.

First we are in the produce department. This is where the fresh fruits and vegetable are found. Reach up high to grab that bag of carrots. Now reach down low for a bag of potatoes. We can have one every day next week! Use your muscles to lift a watermelon and place it into the cart.

Let’s keep walking toward the bakery. It smells like fresh bread! I see some whole grain rolls on the top shelf. Stretch up to get a bag.

Next is the meat counter. There are a lot of healthy protein choices including chicken, fish and lean beef. Protein helps our muscles grow strong. Flex your arm muscles. Keep walking.

It is getting cooler; we must be getting near the dairy case. Grab a jug of skim milk and some low-fat yogurt to put it in the cart.

Now, steer the cart carefully up and down the aisles. We need to get a few more things. Reach down to grab a bag of brown rice, and a box of oatmeal off the bottom shelf. Put them in the cart.

Let’s look for some beans. There they are! Let’s get some black beans and green beans. Pick up two cans and turn them around to look at the labels. Look for one with lower sodium.

Let’s head to the freezer section last. Zip up your jacket, it is going to get cold. Reach way back into the freezer to grab a bag of frozen fruit and vegetables.

It’s time to check out! Unload the cart and place the items on the counter. After paying the cashier it is time to walk home and enjoy our healthy choices!
The Fair

Finally it’s here! My favorite part of the summer – the Fair!

I sprint to the car as I am excited to go! The parking lot seems to be miles of cars, so it’s a long walk to the front gate. The sun is out and I already am fanning myself in the hot sun.

Our first stop is the big yellow slide. There are many, many steps we must climb to the top. We each have a rug and on the count of three – down we go – arms high in the air and laughing the entire way.

I can see the fancy horses practicing in the arena. They look beautiful as they trot around and around. My entire family loves the Learning Center where there are farm animals being born. Baby chicks peck and peck at their food. New lambs jump and kick their feet. Small piglets run nonstop in all directions.

The new farm equipment is always a place my family explores. We love to climb up the ladders to new combines and tractors. They are HUGE!

Every family member gets one ride on the midway. I always want the spinning rides. I spin round and round for several minutes straight.

In the hot afternoon we stop for some freshly squeezed lemonade. It’s amazing how they squeeze and squeeze those lemons for the sweet juice.

The giant pumpkins are always a spot for family pictures. We all pretend we can carry one, by stretching our arms out and lifting.

It’s time to head home! I can’t wait until next year!
Through the Seasons

In Fall, leaves **fall** from the trees. **Put on your jacket** and **tie** up your tennis shoes. The ground is covered in leaves. **Rake** them up into a big pile. Get a **running** start and **jump** in the crunchy leaves.

Now let’s play a game of touch football. Hut. Hut. Hike. Go long. **Throw** a pass and then **catch** it and **run** down field. Touchdown! Show me your victory **dance**.

Fall is a time for the last harvest of apples and pumpkins. **Reach** up high to get apples from the trees and then **reach** down low to **pull** pumpkins from their vines.

It is getting colder outside and the trees are bare. Winter must be here. **Put** on your snow suits, boots, gloves and hats. Let’s **walk** our sleds up this big hill and then **slide** down. **Hold on** to tight! **Roll** some snow balls and **stack** them into a snow man.

Let’s go over to an even bigger hill. **Put on some skis and grab some ski poles**. Here comes the ski lift. **Sit** down to ride it to the top of the hill. Now **stand** up and **ski** down. **Turn** your knees from side to side to **steer** yourself back and forth.

The snow is starting to melt and the days are getting longer. Spring is coming. April showers bring May flowers so **put on your raincoats and grab an umbrella**. **Splash** around in the puddles. Let’s practice some basketball. **Dribble** the ball with your right hand and then your left hand. **Shoot** a basket!

Now, take a deep breath and smell the spring flowers. **Bend** down low to pick some!

It is getting really hot now. Summertime! **Wipe** the sweat off your brow and put on some sunscreen. Let’s **walk** down to the water. **Put on a life jacket** and carefully get in to a canoe. **Pull** your paddle through the water to move the canoe forward. **Cast** out your fishing poll. Let’s see if anything is biting. **Reel** in your line and then **paddle** back to the shore.

We can be active all year round!
Under the Big Top

The circus is in town and my family is headed there for a night under the Big Top!

My friend and I skip to the front gate to buy our tickets. If I jump up and down I can see over the fence. I know there are amazing costumes and great animals inside. The first person I see is a hula hooper. They never stop! I pick up a hula hoop to try too. I hula hoop a little but it falls down. I pick it up and try again.

WOW! I’m not sure what to look at first. My head is looking this way and that. It’s time to enter the Big Top Tent. We go up the stairs to the top of the stands to find a seat. The show starts with a beautiful tight rope walker who tip toes so carefully on the thin wire. Her arms are out at her sides. She takes a few steps forward and then a few steps backwards. She twirls several times on her toes.

The muscle main marches in. This man has muscles like I have never seen before. He flexes his arm muscles, picks up the tight rope walker and carries her down the ladder. He flexes his muscles again and tosses her in the air three times. Then the lions run into the ring. They run circles around the tight rope walker and the muscle man.

Here come the elephants! They stomp in and are wearing beautiful, sparkling blankets. They are slow to move with giant, heavy steps when they line up in front of us with their trunks stretching to the ground in front of them.

The show is over! Let’s give them a round of applause.
Walk and Bike to School Safely

Let’s practice biking and walking safely to school. First, we are going to ride our bikes to a friend’s house.

Tie up your tennis shoes and strap on a helmet. Push on your bike tires to make sure they have enough air in them. Now, touch your toes to stretch out and hop on your bike. Grip the handle bars firmly and start pedaling.

We have to make a couple of turns to get to our friend’s house. Be sure to use your hand signals. We need to take a left here. Stretch your left hand out to your side with a straight arm. Here comes a stop sign. Hold your arm out with your hand hanging down from the elbow to signal that you are going to stop. Look left, right and then left again to make sure no cars are coming. No cars!

Walk across the street and then hop back on your bike. Start peddling again. At the next block, we need to go right. Hold your left arm out and turn your left hand up from your elbow. We made it to our friend’s house, but their bike has a flat tire.

Let’s walk the rest of the way to school. Here comes a stoplight. Stop! Watch the traffic signal and look both ways. The crossing guard is waving us through the intersection. Let’s get walking again. Remember to stay in the crosswalk. There is a big mud puddle coming up. Jump over it. There is another one. Jump again.

Oh good! We made it safely to school and just in time to go get a good breakfast before class starts.
Working in the Garden

Put your gloves on! We’ve got lots of work to do in the garden today.

First, we need to rake the dirt to make sure the ground is ready for planting.

Next, we have to dig holes for our tomato plants. Hold your shovel, push down into the ground, and throw the dirt off to the side. Keep it up! Now, crouch down and set all of the tomato plants into the holes. Pick up the shovel again! We need to scoop some dirt and spread it around the bottom of each tomato plant. Make sure you fill every hole! Great job! Now, squat down and pat the dirt with your hands.

Since we are finished planting tomatoes, we should pick those weeds trying to grow. Stay near the ground and pull as many as you can.

We don’t want any wildlife eating our plants, so let’s build a fence. Pick up the stakes one at a time, pound each stake into the ground with a hammer. Make sure to use all of your muscles! Then, wrap the fencing wire around the stakes to make a square around our plants. Just be careful not to trap yourself inside the fence!

Good work. We are almost done. Grab the watering can and pour some water on all of the tomato plants. That was hard work! Reach up to the apple tree and find a good looking apple to have as a treat.