Monkey See, Monkey Do

A procedural children’s book
By: Danielle Tataryn
Illustrated by: Myrna Gibbens

Realize. We can all make a difference.
Parents/Teachers,

Health literacy is an important part in the every day lives of all children for numerous health benefits in both the present and future. It is important to be involved in activities that teach the fundamental skills and focus on having fun, before advancing to competitive sports. The goal of this book is to provide children with an example of an activity and simple instructions so that they can participate with friends or family. Monkey See, Monkey Do' not only encourages physical activity, but also provides practice with skills such as movement and balance. By using the form of a procedural children's book, I hope to capture the attention of children and encourage them to be active in their lives.

Thank-you
The goal of monkey see, monkey do is to copy what the leader does.
Find an open space and get one or more friends.
Hold the pose that the leader does, while counting to five elephants without losing your balance.
Everybody ready? Stand on your right foot and hold your left leg behind with your left hand.
Now be a figure skater.

Stand on both of your legs and lift your arms to the side. Then carefully lean forward and lift your left leg out behind you.
Next try the figure skater jump.

Be a figure skater again, then bend your right knee and jump in the air. Change legs so that you land on your left leg.
Then do the side split hold.

Stand balanced on your right leg and lift your left leg out in front of you. Hold it with your left hand.
The stork stand.

Stand on your left leg and use your arms to balance.

Next tuck your right leg behind your left knee.
Last do the falling backwards balance.

Stand on your right leg and lift your left leg in front of you.

Use your arms for balance and see how far you can lean backwards while keeping your balance.
Physical activity has many health benefits for both the present and future. The goal of using the form of a procedural children's book for “Monkey See, Monkey Do' is to encourage physical activity among children.

Danielle Tataryn grew up in Regina, Saskatchewan. She is currently studying in the Faculty of Kinesiology at the University of Regina.

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Resources: