

Name _____

Word Count: 86

Energy Helps My Body Move

I have lots of energy in my body.

Energy helps my body to move.

What can I do to use my body's energy?

I can ride my bike around the neighborhood.

I can ride my bike to use my body's energy.

I can move my arms and legs to dance.

I can dance to use my body's energy.

I can run around my house.

I can run to use my body's energy.

Now, I'm hungry.

I need to eat so that my body has more energy.

