

Flat Stanley Gets Fit

In school my class enjoyed a story about Flat Stanley that our teacher read to us. The story is about a boy who is flattened when his bulletin board falls on top of him one night while he is sleeping. At first he is sad, but then he finds all sorts of fun things he can do because he is flat.

Over the summer, Stanley decided he was not going to play on the baseball team. Instead of playing outside with his friends, he stayed inside and watched his favorite television programs. He also spent a lot of time playing video games on his computer. All summer Stanley ate his favorite foods, french fries, pizza, candy bars, ice cream, and cheese burgers. Soon Stanley noticed that his clothes were getting tight and he felt really tired. He could no longer do the fun things he enjoyed like sliding through cracks and being mailed in an envelope to visit his friends in faraway places. We invited Stanley to our class so that we could help him learn how to eat the right foods and be more healthy. Now he can get fit and enjoy all the fun things he used to do.