Dear Mom and Dad,

During physical education we are learning to make different body shapes. Ask me to show you how I can make the following shapes with my body.

1. Narrow ___ [hands and feet should be together]
2. Wide____ [hands and feet should be far apart]
3. Round ____ [the knees should be close to the chin]
4. Twisted ___ [twist my waist to see behind me]

If I can show you that I can do these five things, please check them off, sign and write any comments that you may have, and I will return it to ______________.

________________________
[Parent's name]
please print