Dear Mom and Dad,

During physical education we have been learning to stop like a statue on the word, "freeze" and not to move again until we hear the word, "go". Ask me to show you how well I can stop and start using these two words. Please make sure that I:

1. stand as still as a statue when you say, "freeze".
2. that I do not move until you say, "go".

If I can show you that I can do these two things, please sign and write any comments that you may have, and I will return it __________.

____________________________
[Parent's name]
please print