



## Community Fun Run/Walk Role Play

The Harris family is walking in an annual charity 5K Fun Run/Walk. Kayla Harris, her husband James, Elijah (age 13), Imani (age 10), and Miles (age 8), are walking together.



### Kayla

I'm so glad we could do the walk this year. Remember how we skipped it last year because we thought we couldn't make it to the end?

### James

That was before we started walking together every other day after dinner.

### Kayla

Look at us now! We're together as a family and doing something that gets us all moving.

### James

At first, Elijah and Imani didn't want to put down their phones. Now, they can't wait to choose the family weekend activity.

### Kayla

They've come a long way!

### James

We've all made a lot of progress. Remember how we used to feel after walking for just 10 minutes? But each day, we walked a little farther. Now I enjoy walking for 30 minutes without stopping.

### Kayla

I like walking too, especially when I have someone to talk to or I'm listening to music.

### James

Yep. Maybe we could try working up to jogging some of the route next year!