



The Mobile Construction Site

NED—15

Imaginary Stories

NED, TONY, AND TEDDY —BOOK 15

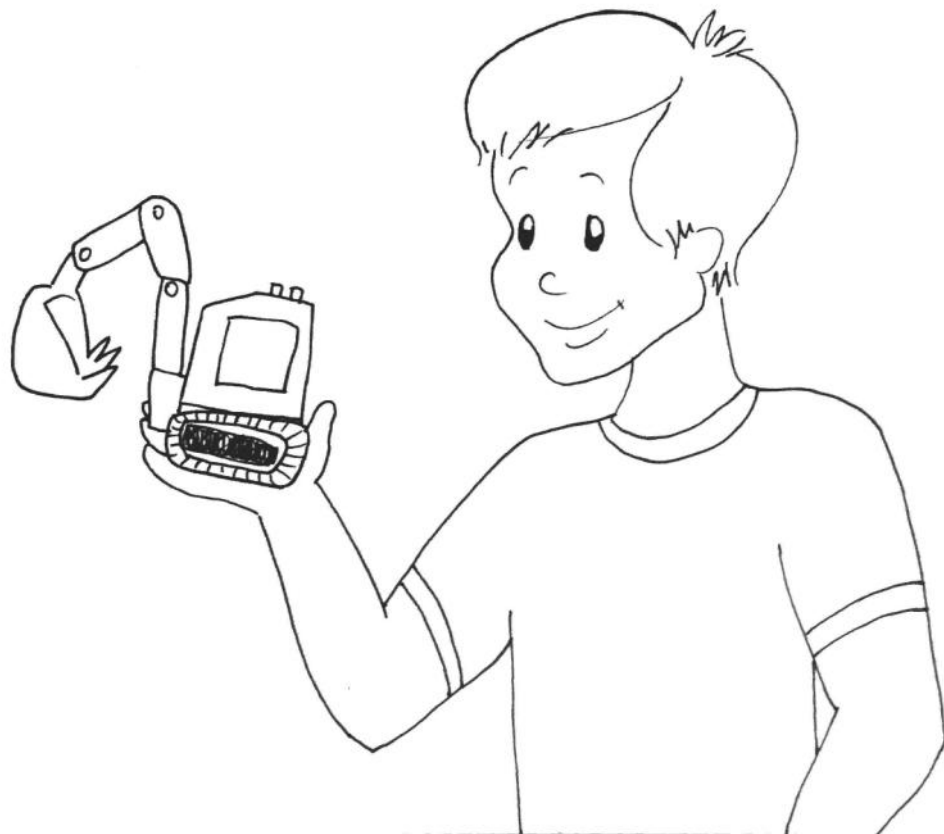
The Mobile Construction Site

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Dedicated to my three wonderful boys!

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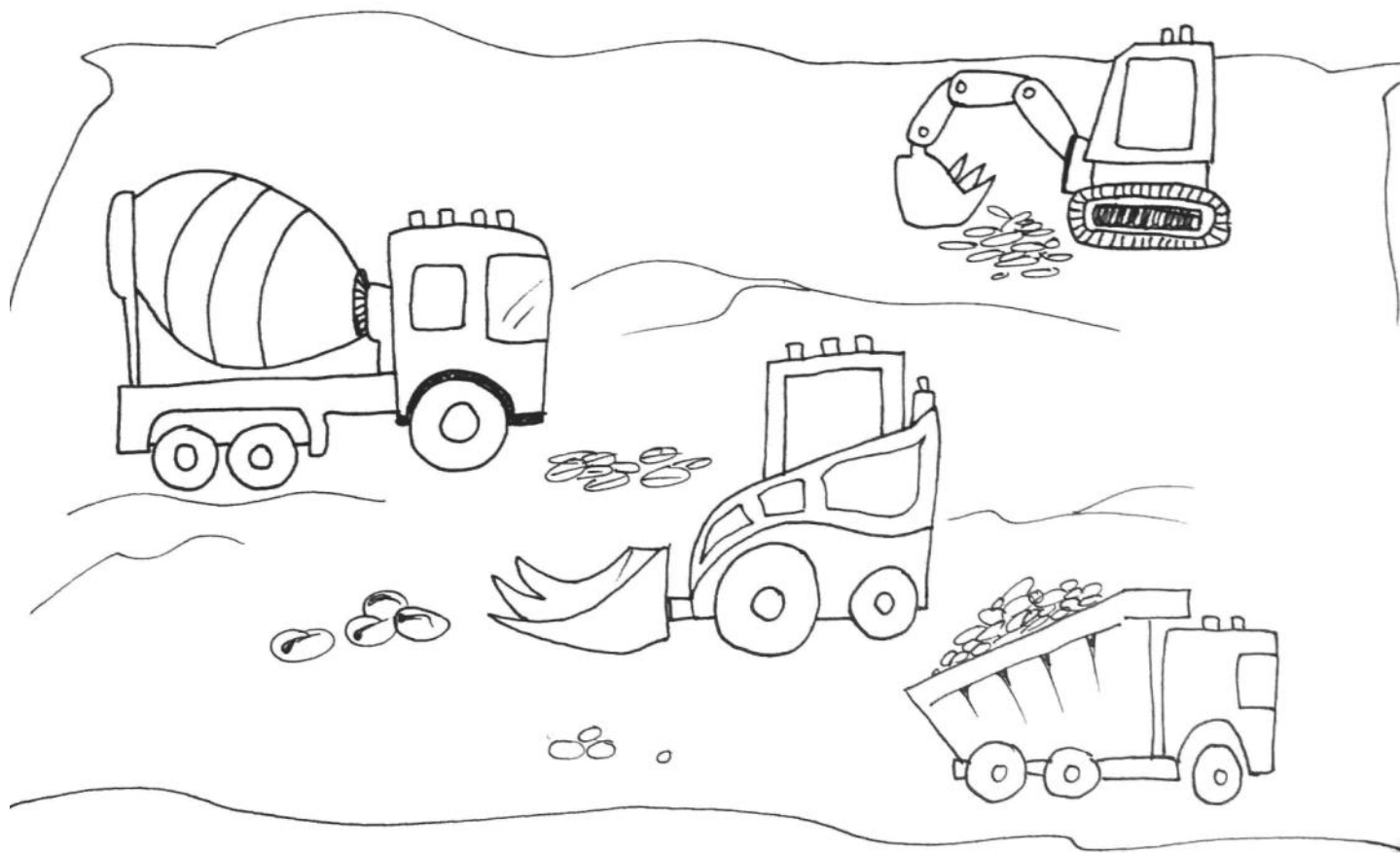


“It’s the biggest digger in the world!”

Ned exclaimed, showing Tony and Teddy his new duplo invention.

“It can do so many things, and it even has a crane attached to it!”

“Wow, that would be handy,” said Tony, while making his road construction vehicle out of duplo also.



They were going to make a construction site using blocks and duplo, and toy work vehicles of all types.

Mother had given them a sheet to put on the carpeted floor, and some dry grains to use as materials to scoop up.



Teddy was having a great time trying to use some of the vehicles to play with in the grains.

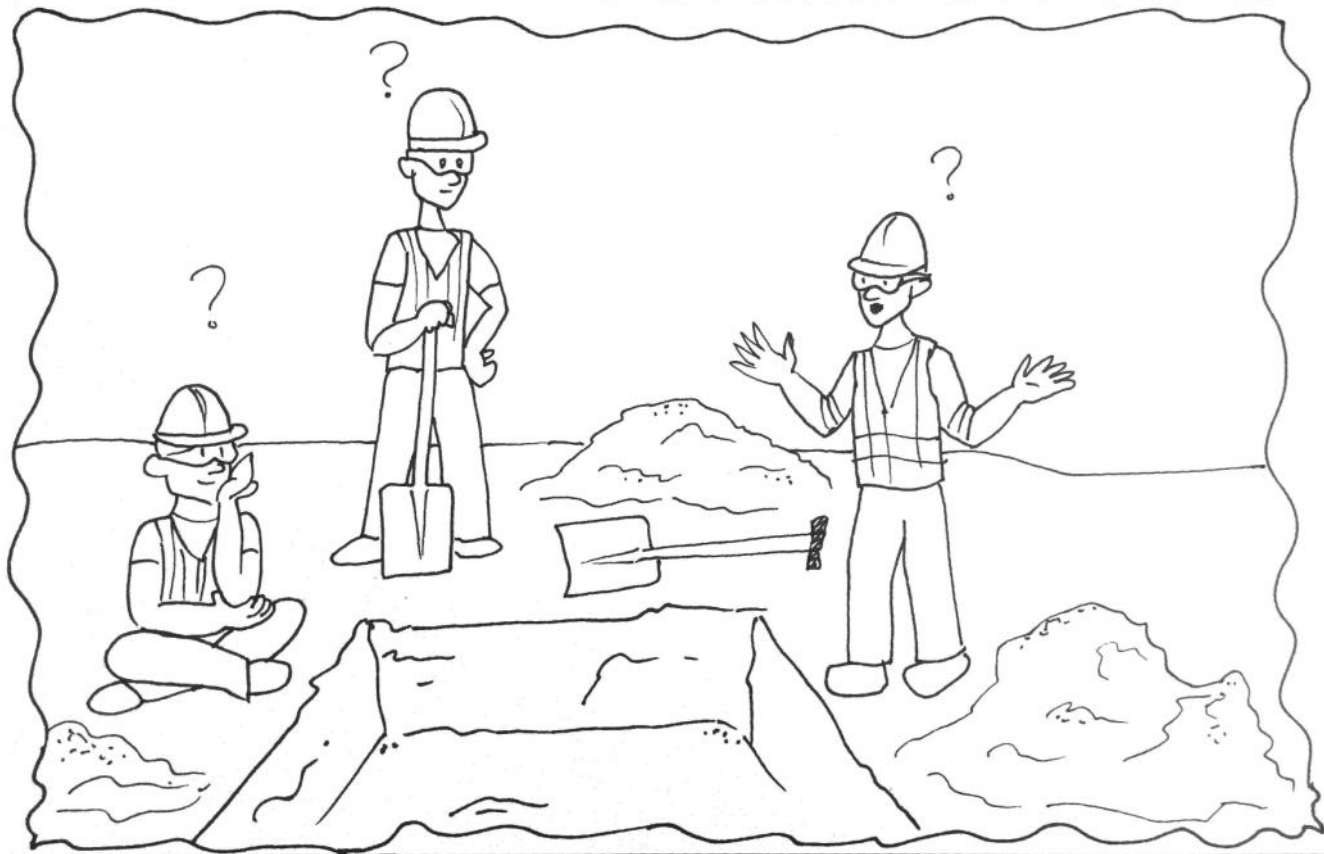
A digger was used to scoop and fill up a dump truck. Then it would be driven by him just a bit, then dumped out again—ready to be refilled.



Ned, Tony, and Teddy then heard their mother say,

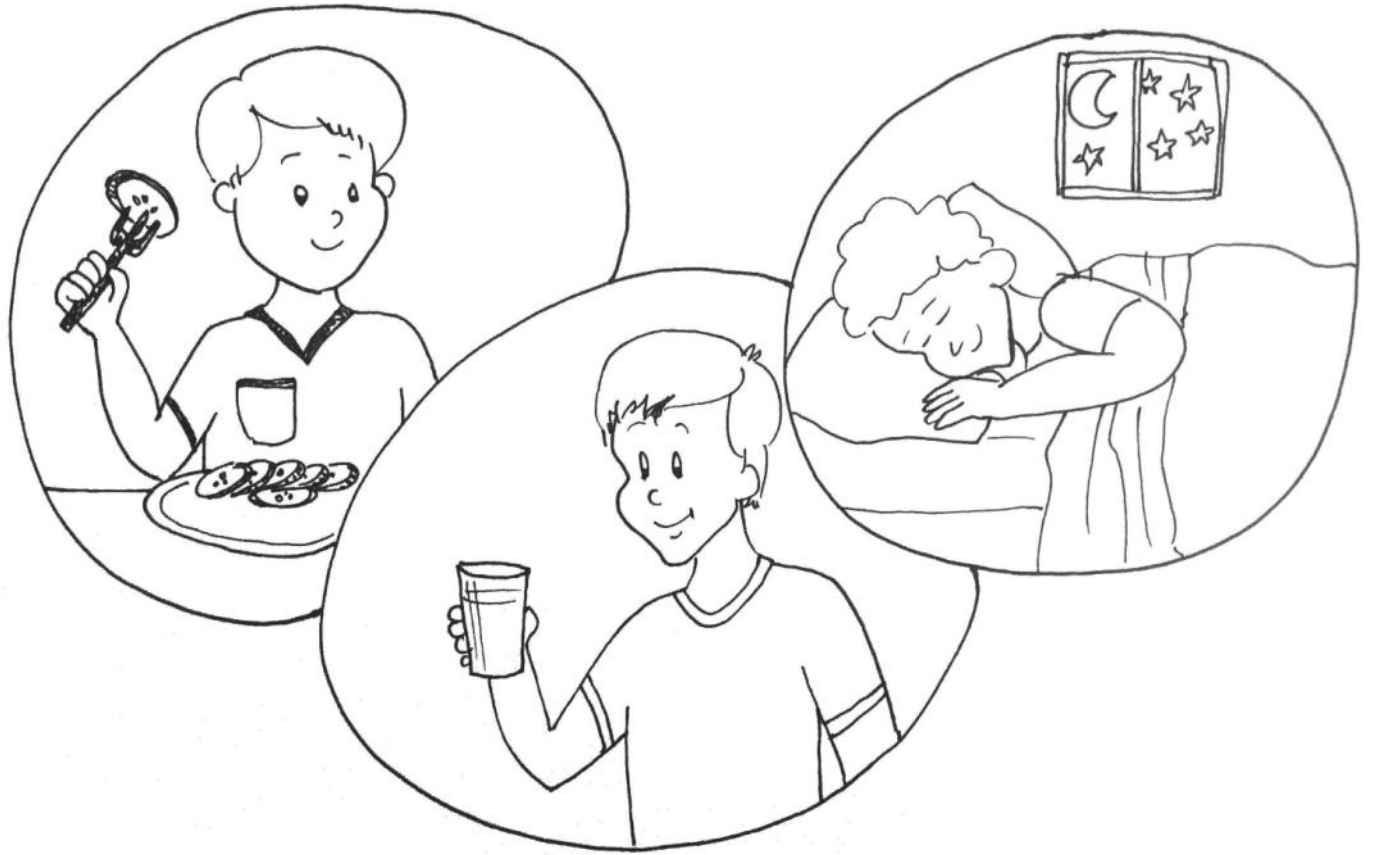
“In 15 minutes it will be time for outdoor races, and a prize of nutbutter and carrot sticks!”

It was a very fun idea, but at that moment the boys thought they wanted to keep playing and playing with their toys. Perhaps all day, they wished.



Mother explained,

“Just imagine if a construction site with its workers were trying to make a new building, but there weren’t any rocks, or cement, or wood, or bricks, or metal rods, or glass to use. They couldn’t build much, could they?”



The boys nodded, and laughed a bit, imagining the building being made of wet, mushy muddy piles of dirt only.

Mother said,

“The things that help to build your body’s muscles and good health are like building materials. You have a vehicle—your body, but you also need building supplies. You need good food and water, rest and sleep, and you also need exercise and fresh air!”



“Can we just have a quick snack and then keep on playing?” they asked.

Mother replied,

“Well, good food can help you grow stronger, but you need to get your body moving to make it really work and do the job.

“Think of your construction site—the construction site of your body—and all the things it needs to be able to do its jobs.”



The boys could easily imagine what their mother was saying,

“You need the trucks to not just sit around—but to move to get the job done. And you need the building supplies to make anything at all.

You need both—movement and supplies.



“When you have exercise it helps to move the right things around in your body and bring supplies to the needed places. Movement helps to take away what needs to be removed,” Mother explained.

This was a good way to understand it.

When the 15 minute timer rang, the boys dashed to get on their shoes for some good active play outside. Soon they were laughing and running and having a great time.



“I’m glad we came outside,” Ned said as he was scooping his nutbutter with a carrot stick, while resting a bit from all the running.

“Yes, me too!” added Tony.

“The construction site is still working! It just changed from duplo to our bodies for awhile—our own mobile worksite, that can be building and working as we eat, and as we run and move and play outside.”

