

The Simon Series has been created by Liana Lawrance for *Eat & Act: Grow Healthy with Your Child* an organization created for her Masters of Fine Arts thesis project at the Academy of Art University in San Francisco, California.

Liana Lawrance doesn't want today's newest generation to live a shorter lifespan than their parents. This is what doctors in America are predicting will happen if our kids continue to fall victim to unhealthy weight gain. She wants kids to live long, happy, healthy lives. Liana feels that by giving new parents a way to talk about healthy lifestyle habits to their children, both parents and their kids will be inspired to grow up healthier together.

Liana's motto for this project is: *A battle prevented is a battle won*. Once bad health habits are established, they are very hard to kick. She believes that by adopting a healthy lifestyle early in life, it eliminates the problem of unhealthy weight gain in children before parents have to battle it in the future.

Eat & Act
Grow Healthy With Your Child

SIMON'S Healthy Priority #4 Adopt more activity into your daily life

The Simon series has been created as a fun educational tool for parents and young children. These books are meant to give parents an opportunity to talk to their children about healthy lifestyle habits earlier in their lives as a way to prevent the onset of unhealthy weight gain.

A battle prevented is a battle won!

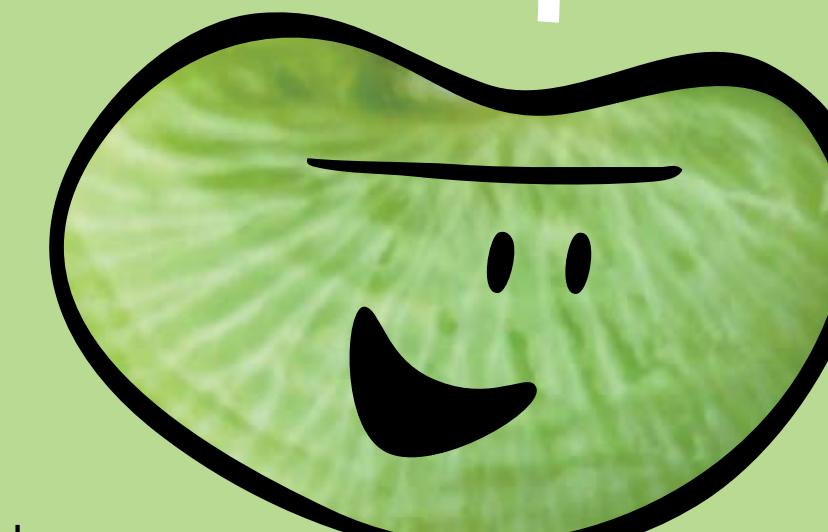
Liana Lawrance

Eat & Act

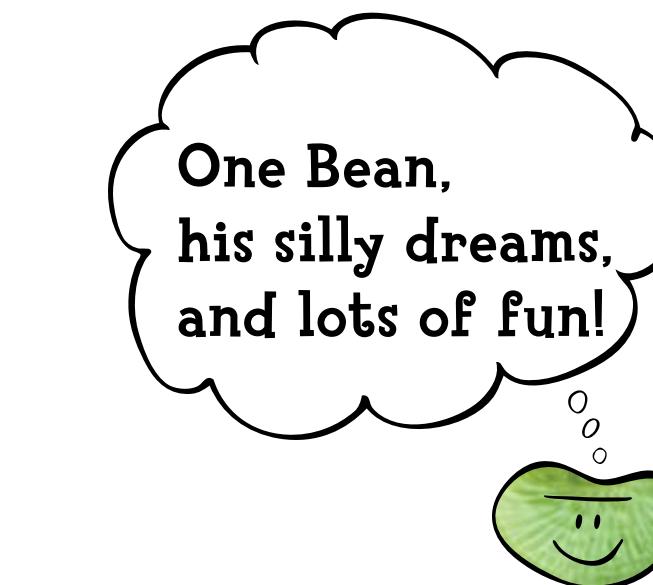
Story & Illustrations by
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SIMON Goes on an Adventure

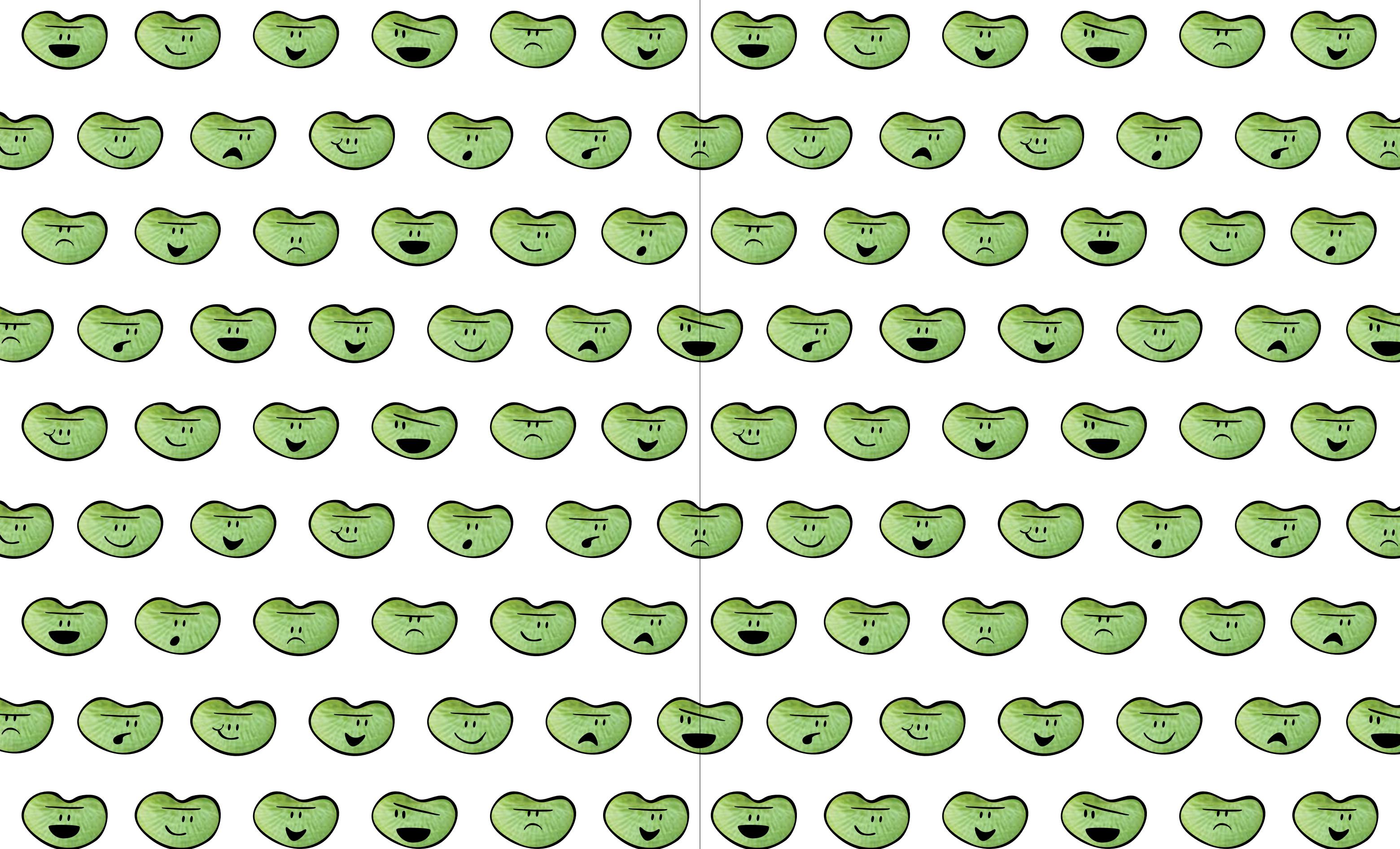
SIMON Goes on an Adventure

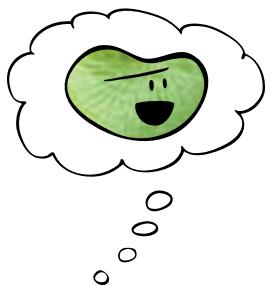


Healthy Priority #4
Adopt more activity
into your daily life



When Simon Bean embarks on a journey to become an explorer, he discovers that activity is much easier when there is a reward at the end of an adventure.





**Dedicated to happy kids
with big dreams.**

SIMON

Goes on an Adventure

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A battle prevented is a battle won.

Eat&Act

Grow Healthy With Your Child

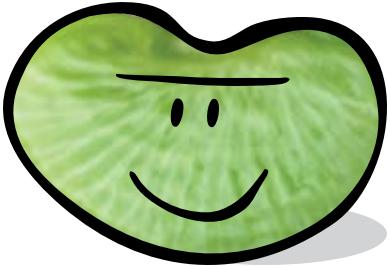
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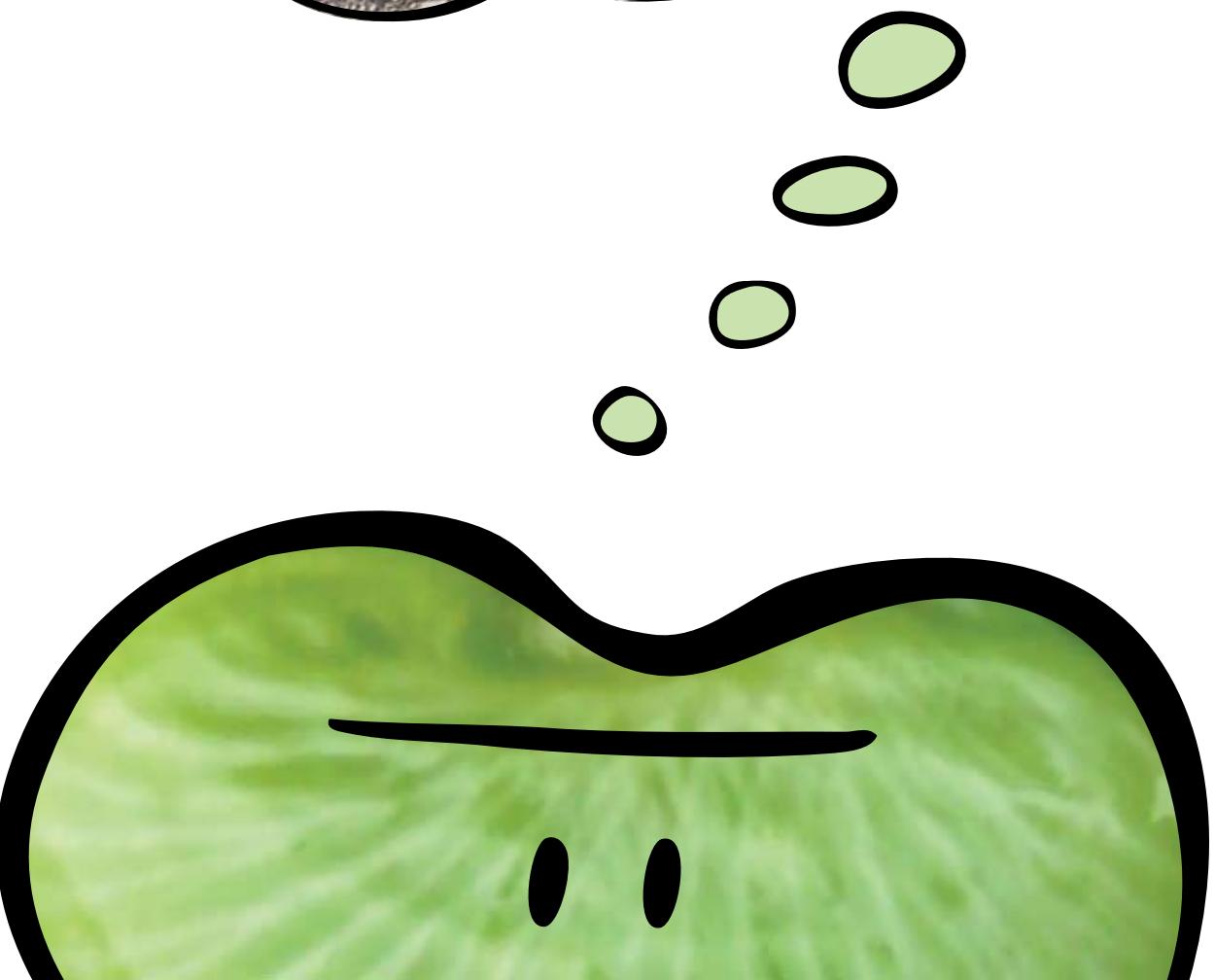
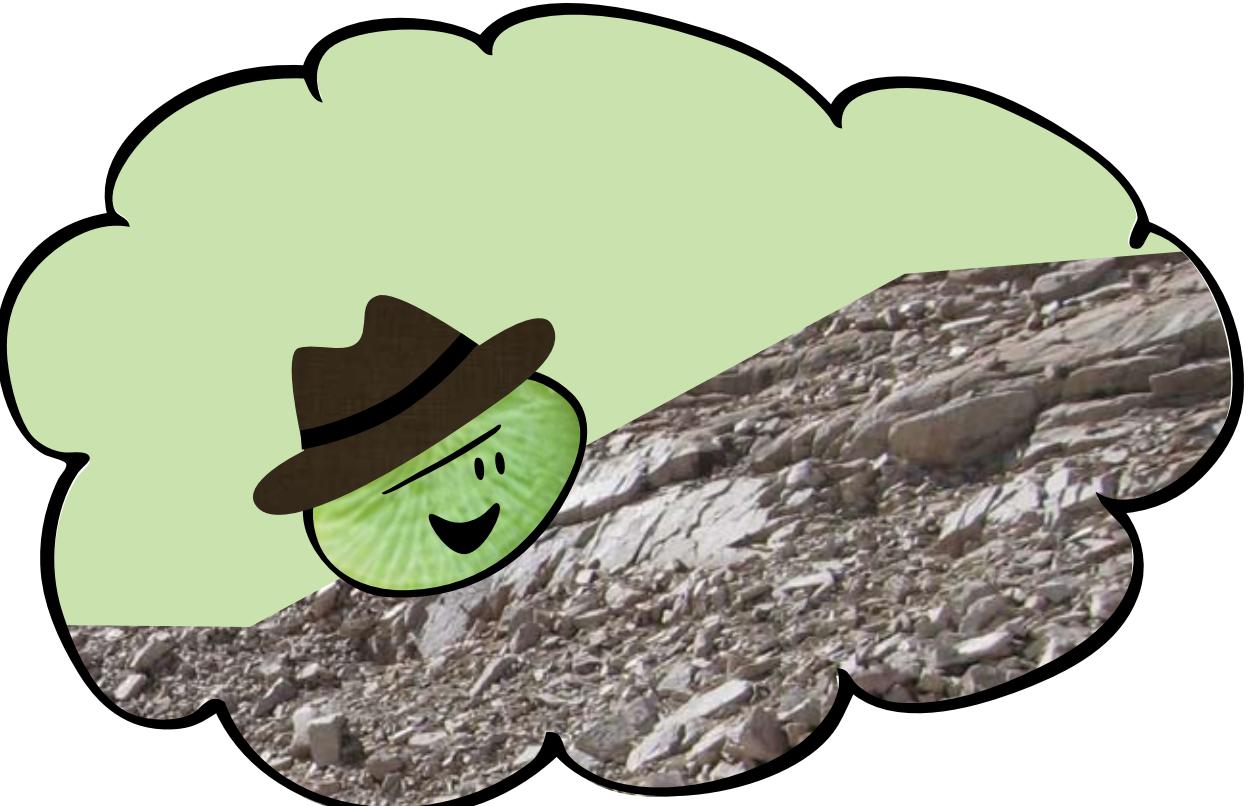
**Story & Illustrations by
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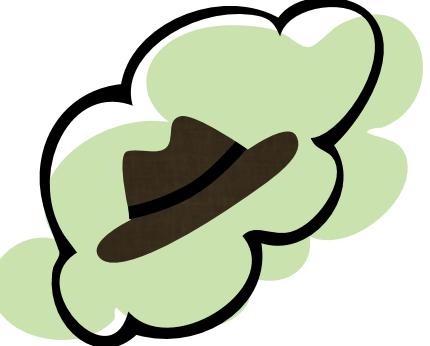


You'll find special notes to parents in this area of the pages

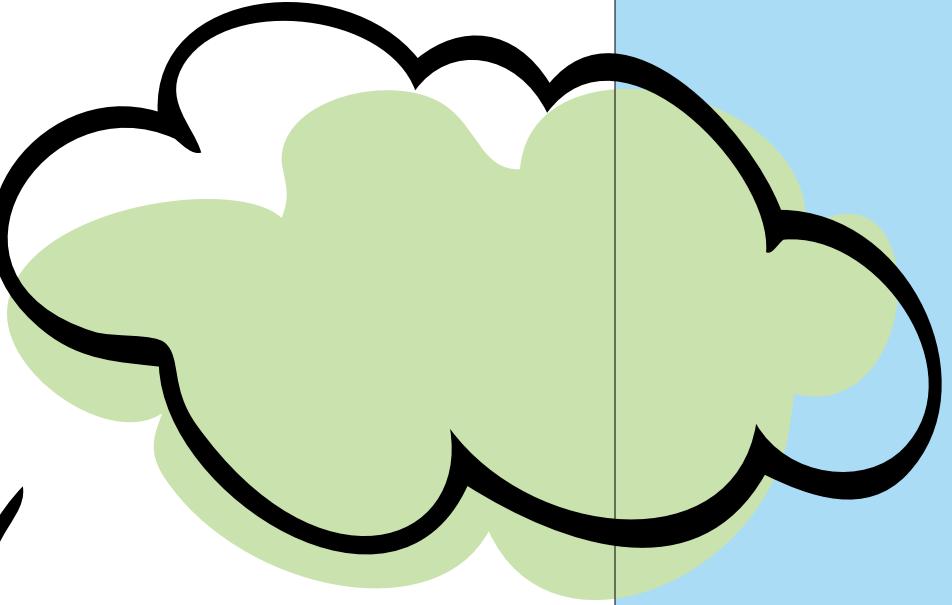
This is Simon Bean.
He has some silly dreams
for a lima bean.

Today he wants to be an explorer.

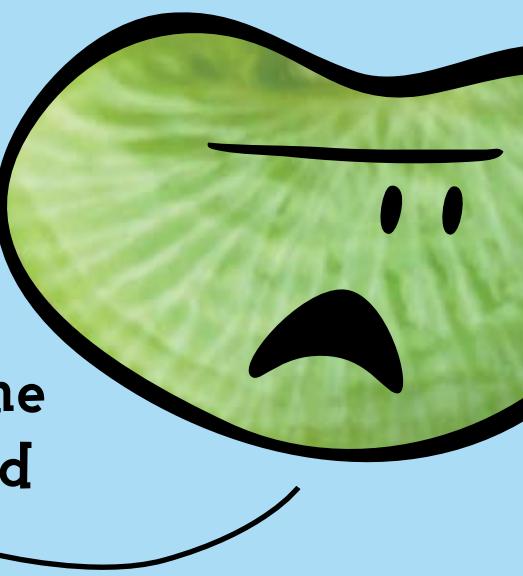




Silly Simon,
beans can't be explorers!

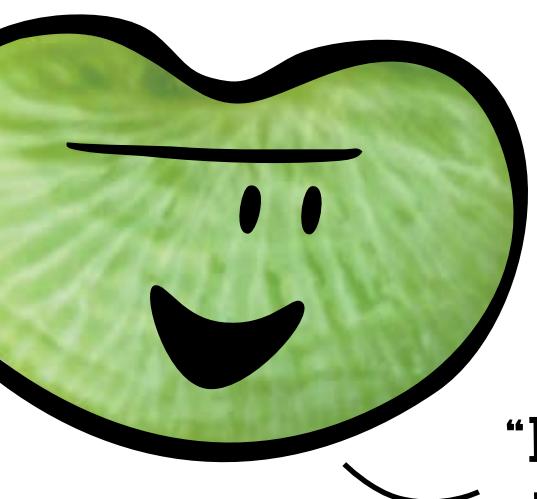


But like most beans
he is stubborn.
He decides to go find a way.



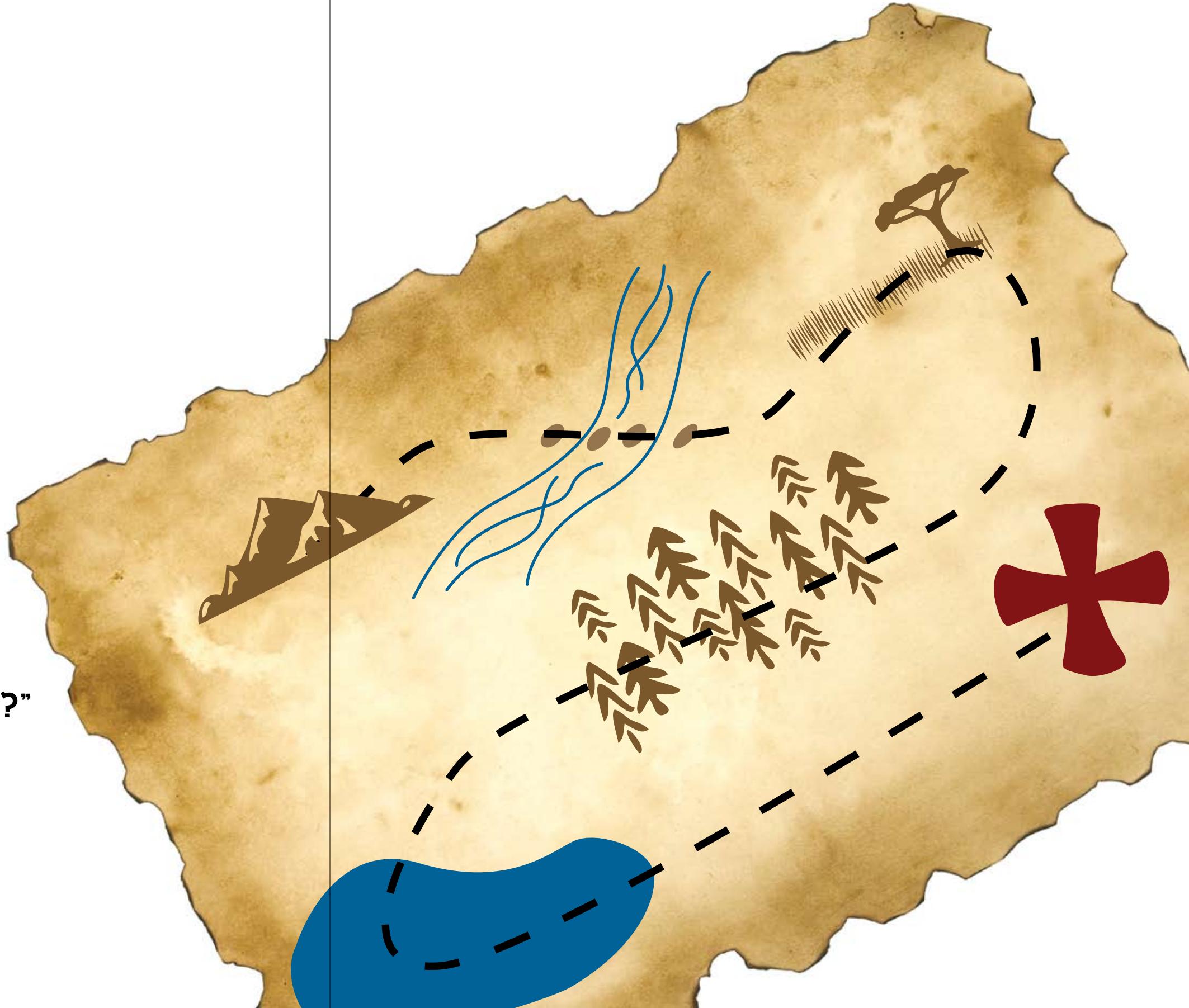
**"No one tells me
what I can and
can't do!"**





While out, Simon finds a treasure map.

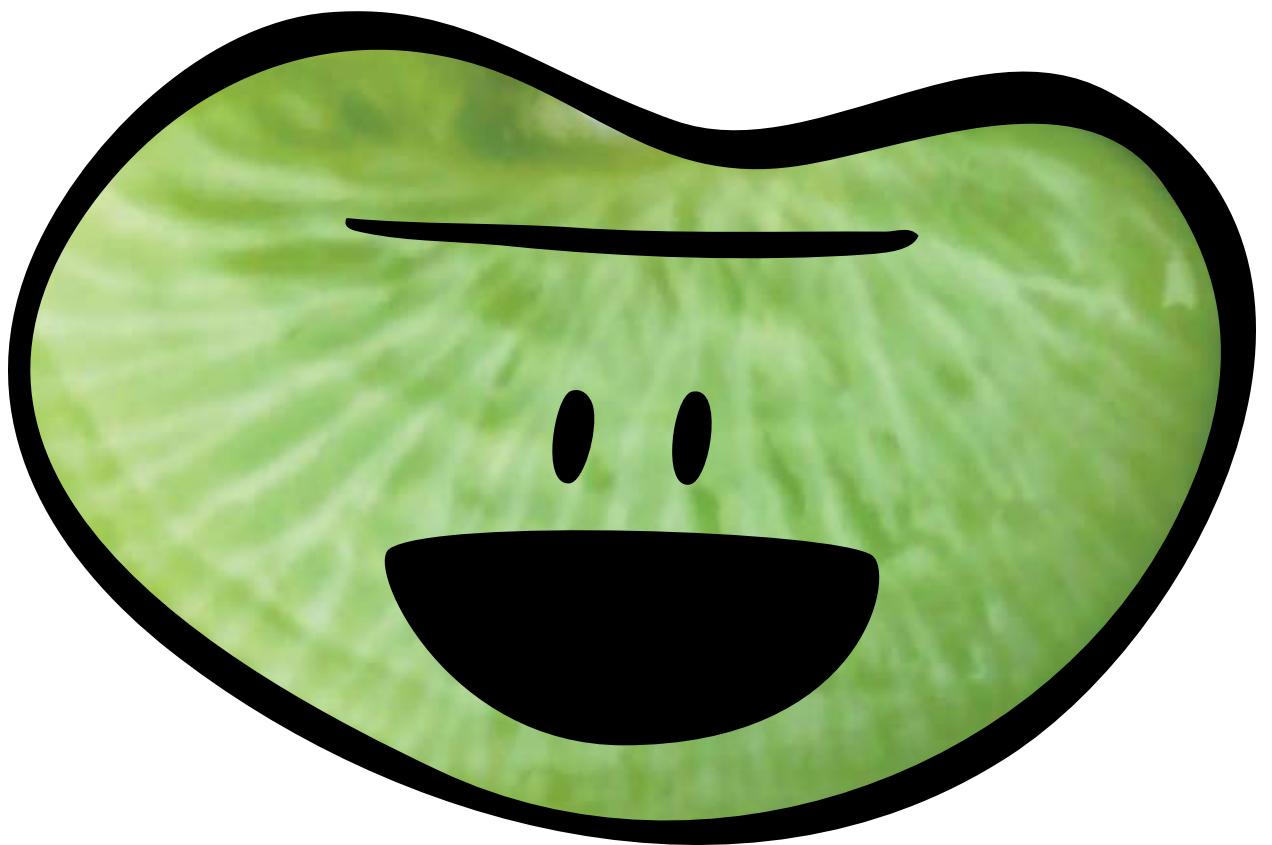
**"I wonder what
the treasure is?"**

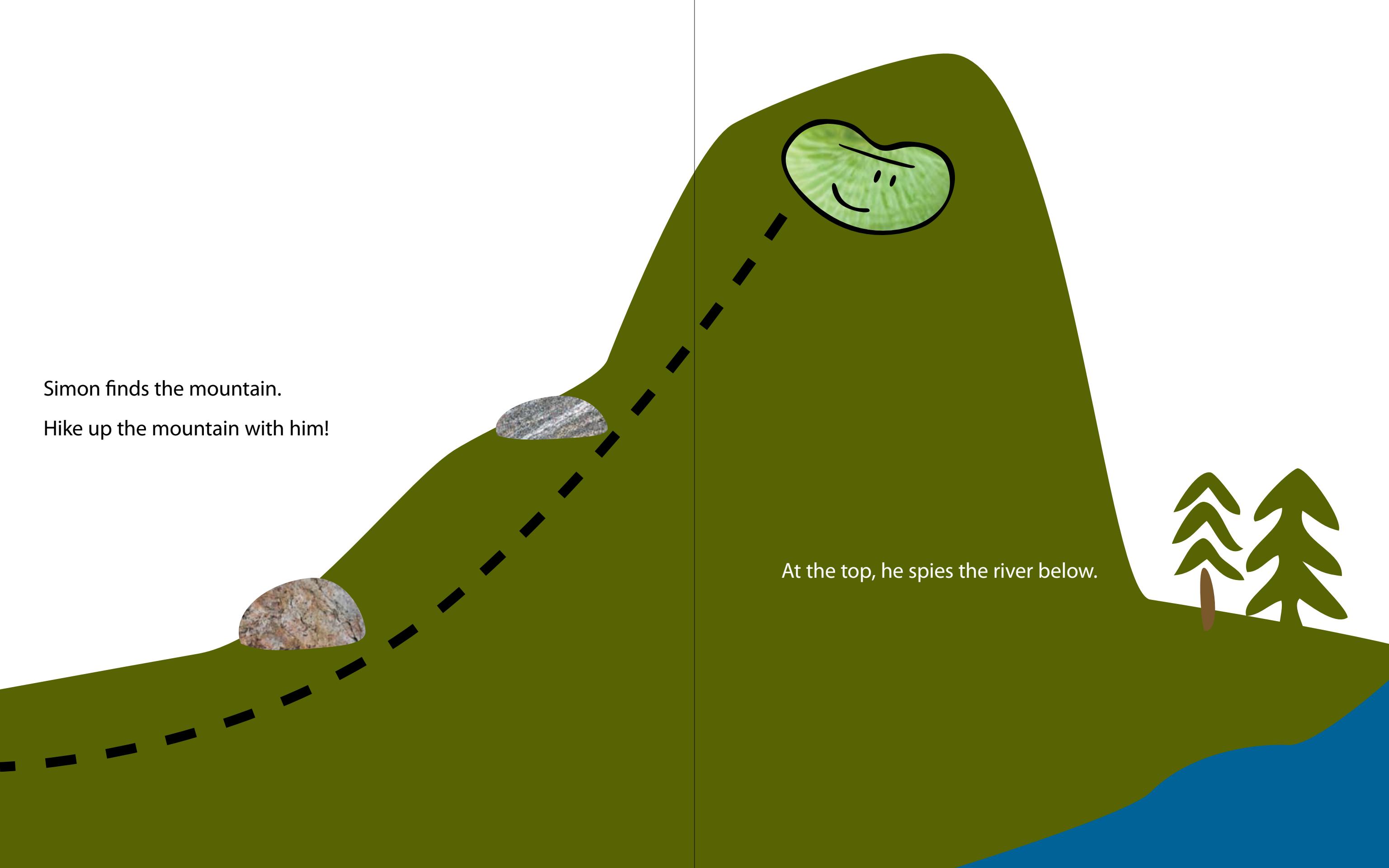


Simon rolls up the map and goes to hike the mountain.



**“Join me in finding
the treasure!”**





Simon finds the mountain.

Hike up the mountain with him!

At the top, he spies the river below.

Simon discovers rocks to jump across the river.

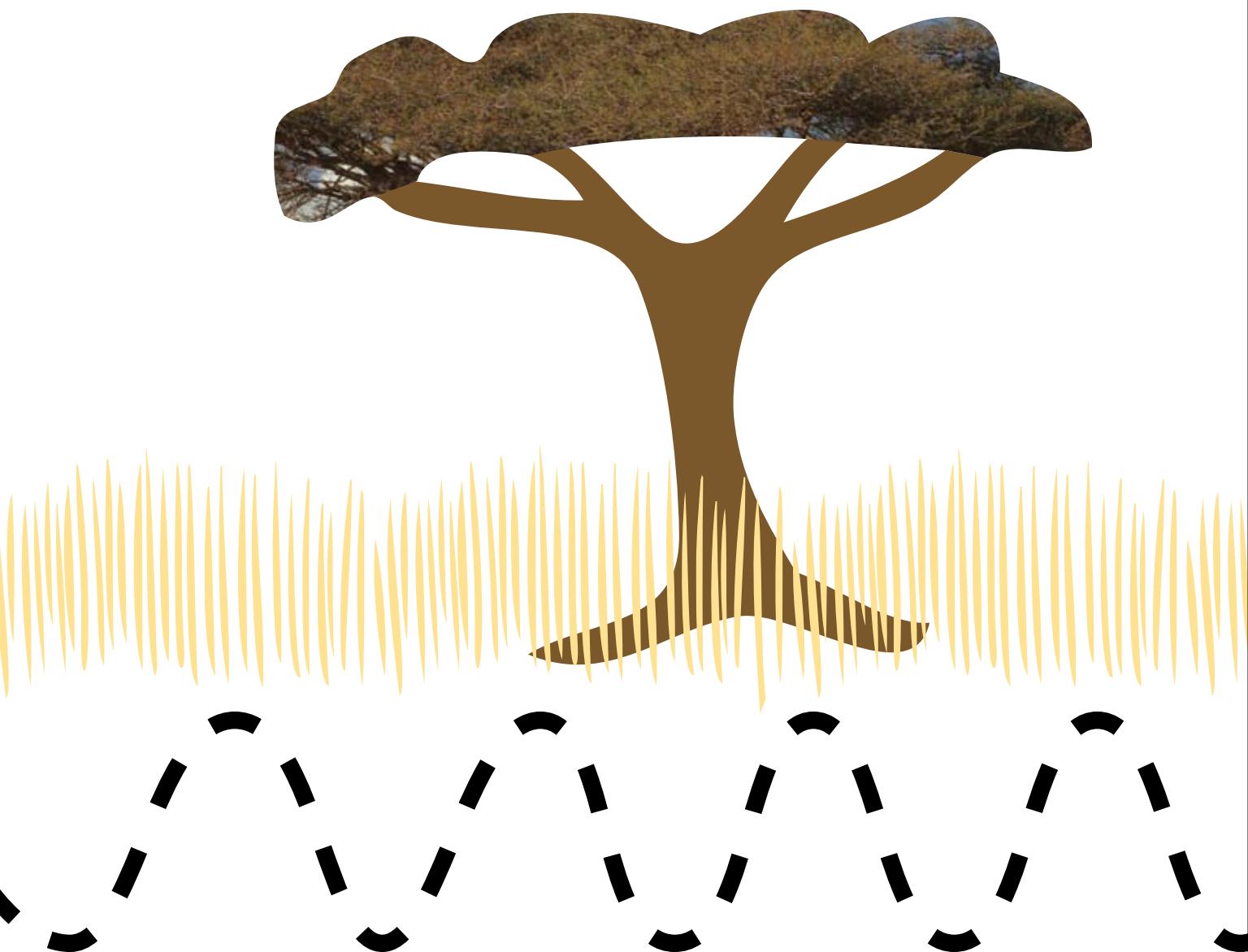
Jump with him!

“That was fun!”

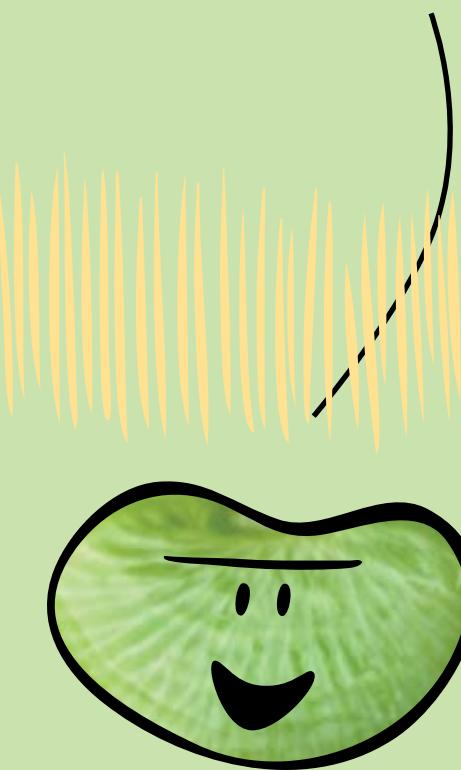


Ask your child what kind of dance they can do with jumping

Next, Simon has to crawl through the grassland.

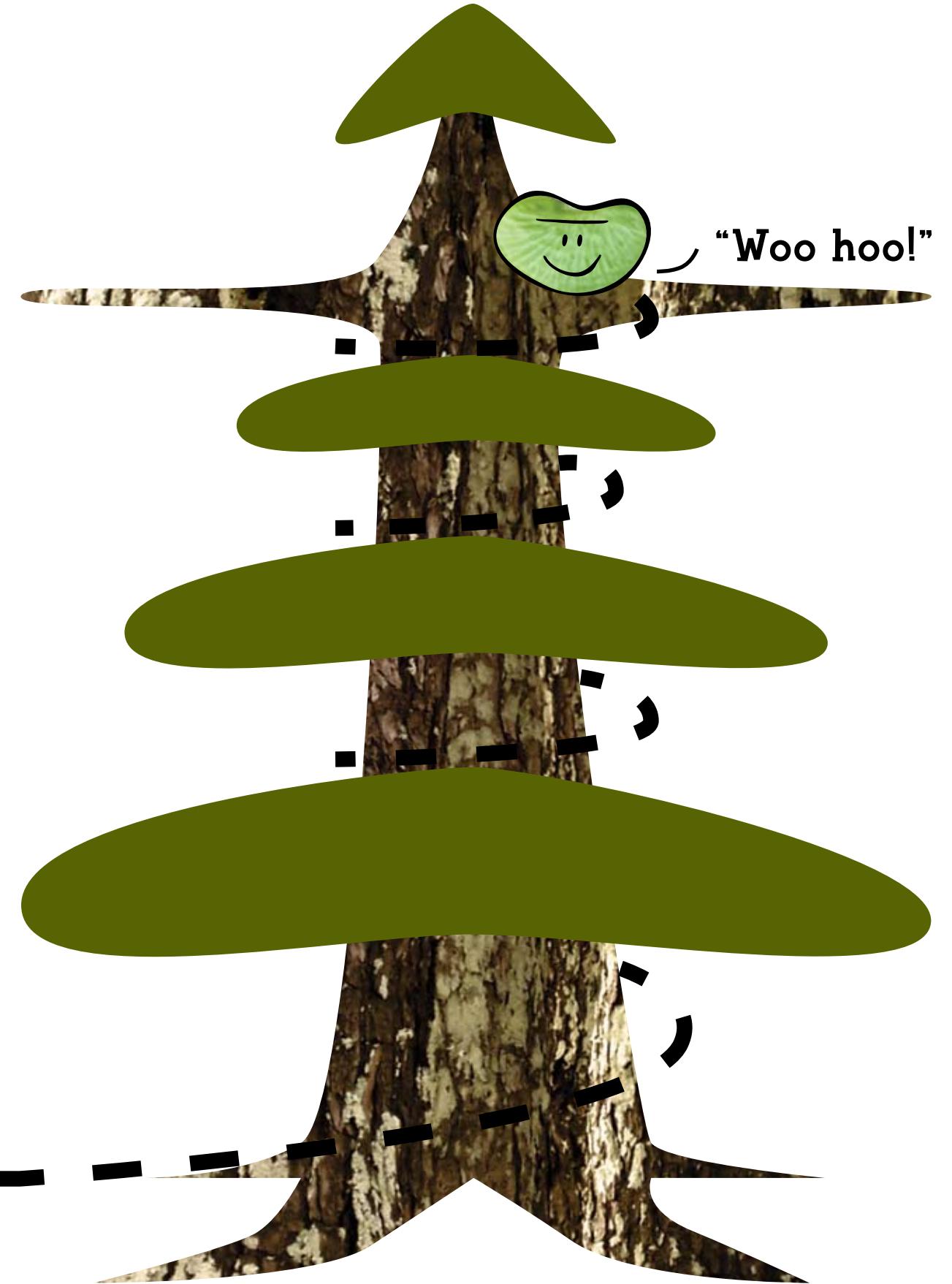


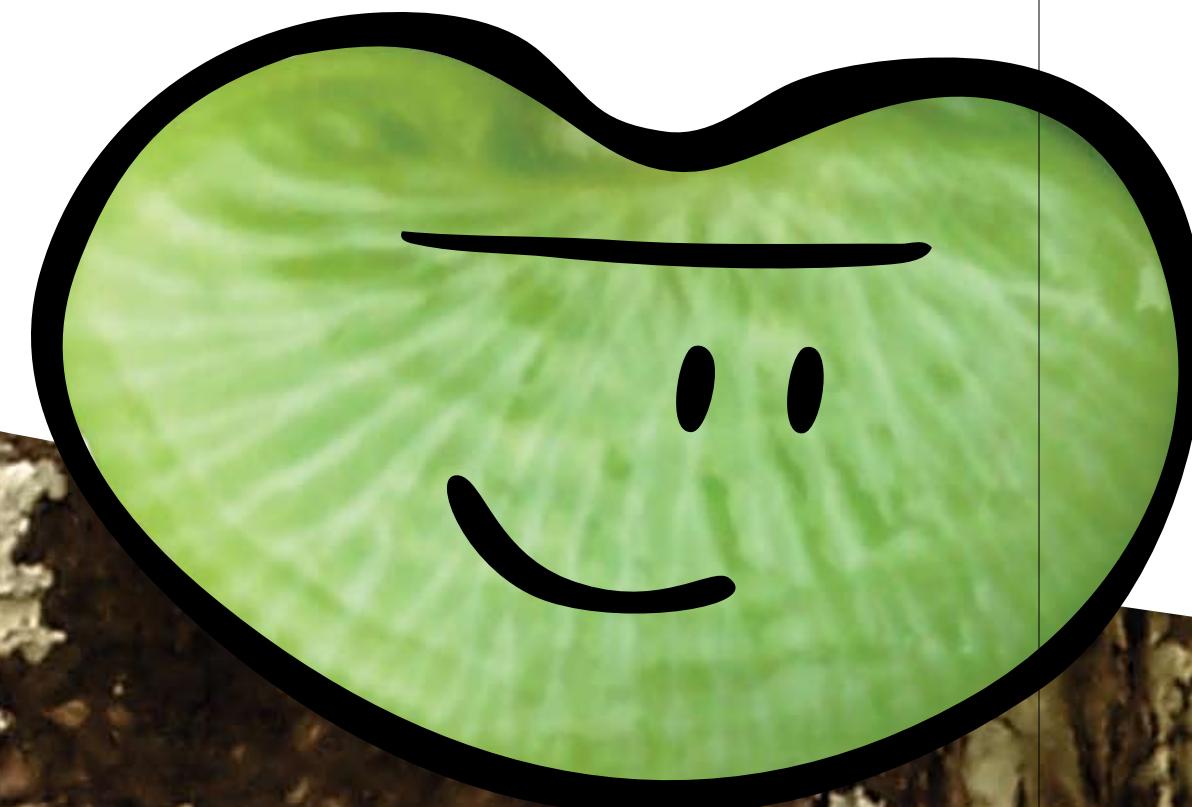
“Crawl with me!”



A child needs at least 30 minutes of physical activity a day

In the forest, Simon finds a giant tree to climb.



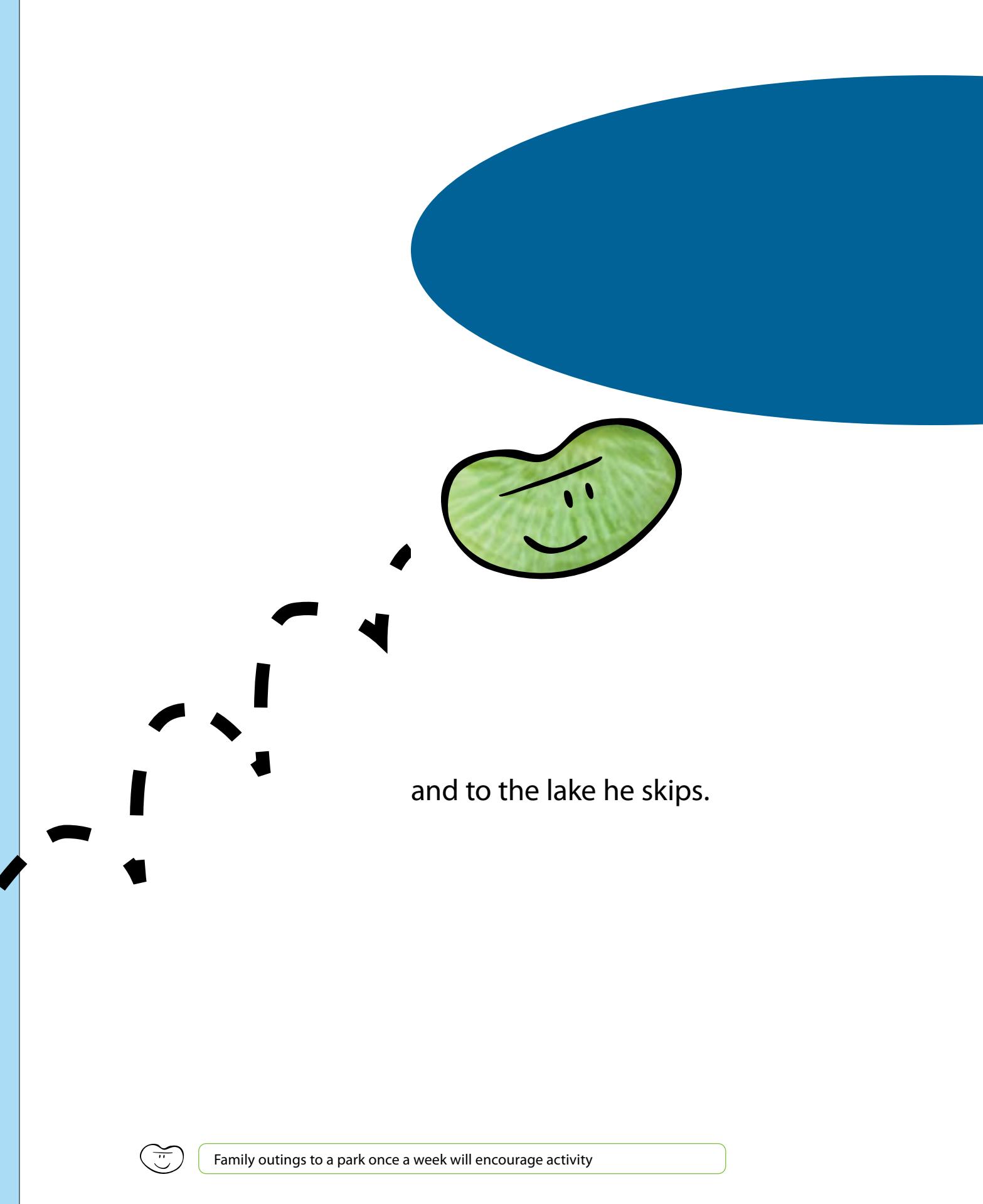


At the top he sees the lake.





So down the tree Simon hops,



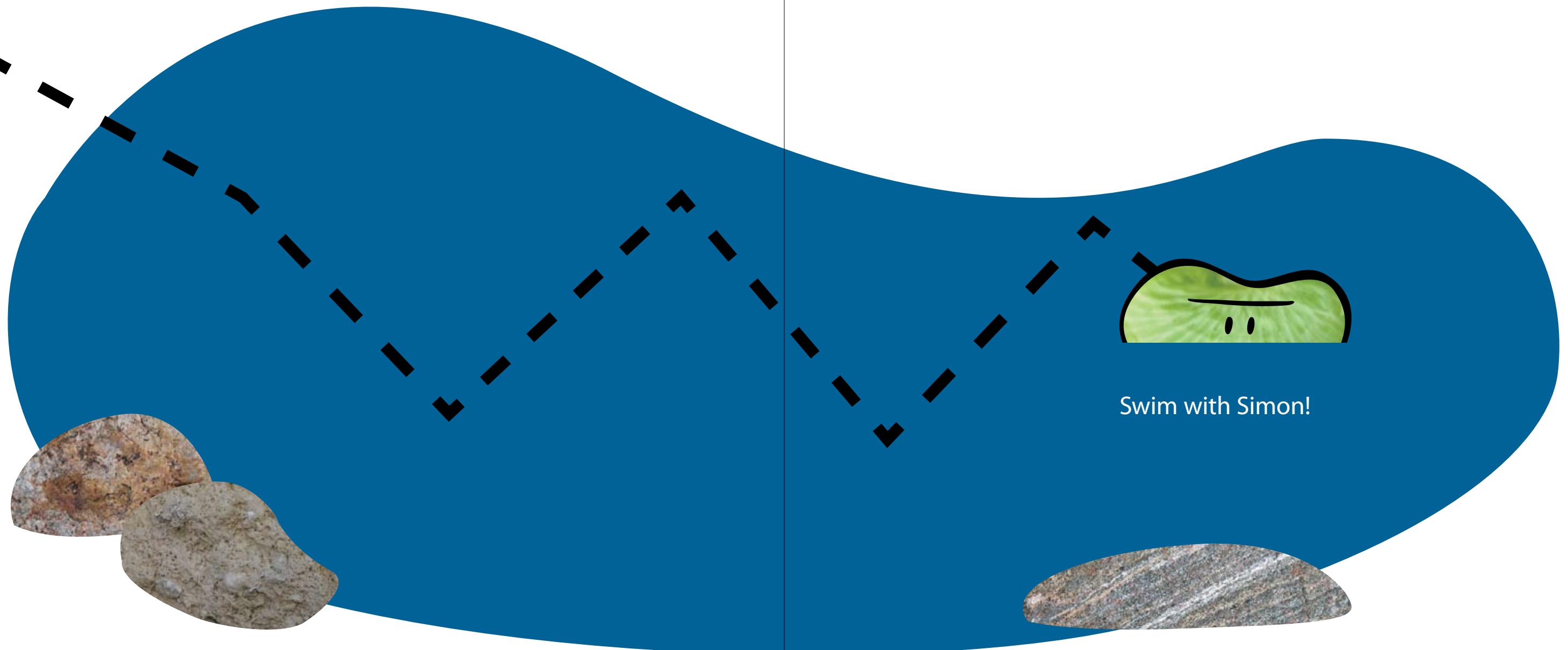
and to the lake he skips.



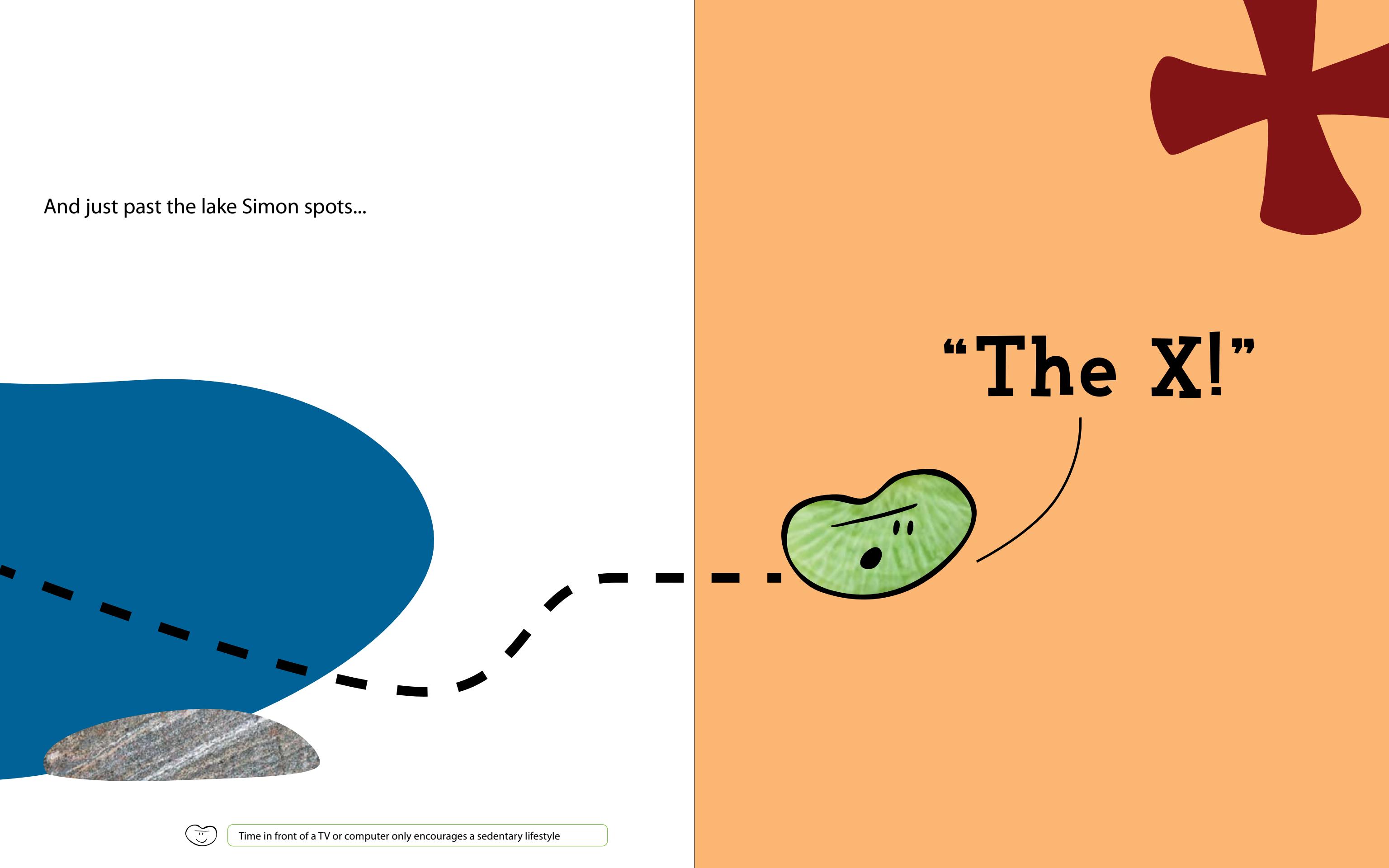
Family outings to a park once a week will encourage activity



At the lake Simon swam.



As your child swims around the room, ask them what other animals swim



And just past the lake Simon spots...

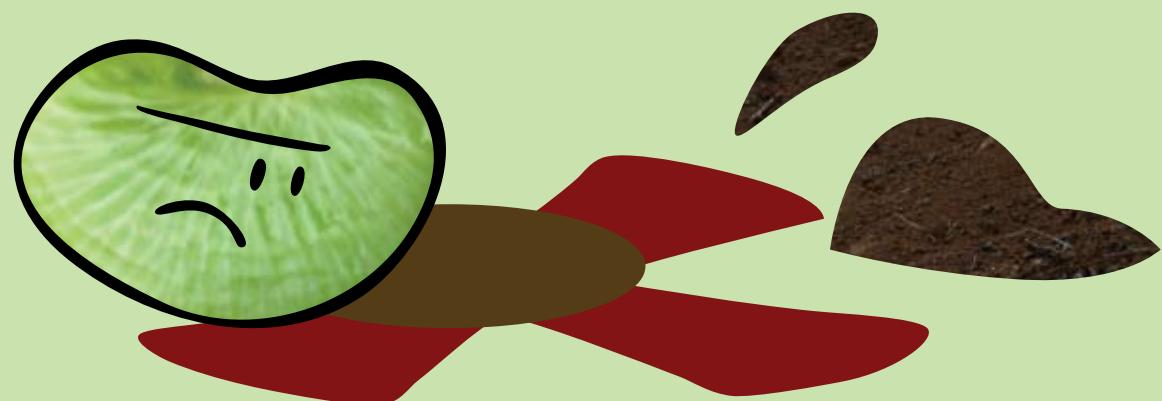
“The X!”



Time in front of a TV or computer only encourages a sedentary lifestyle

Simon begins to dig,

and dig.

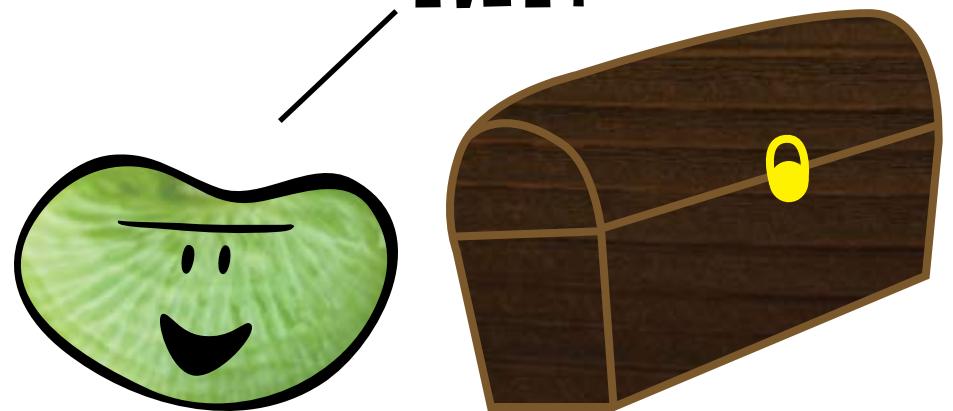


Dig with Simon!

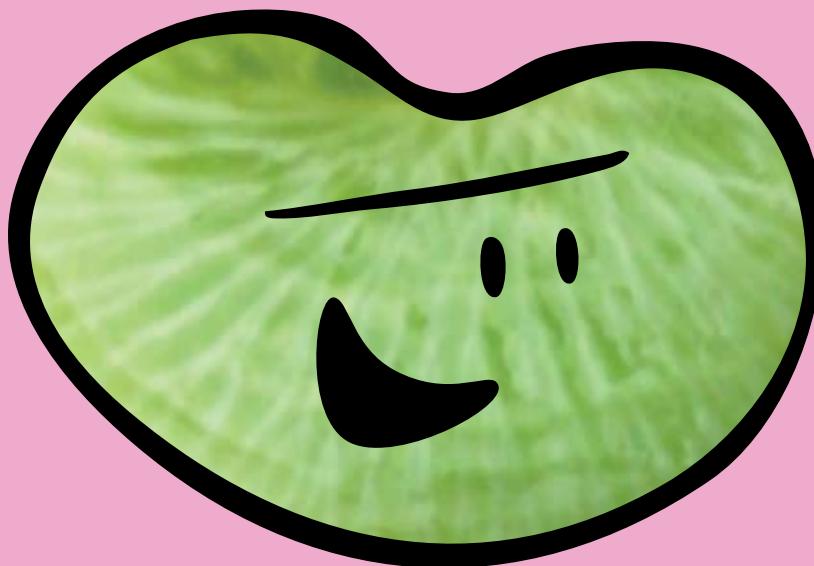


At last Simon reaches the treasure chest.

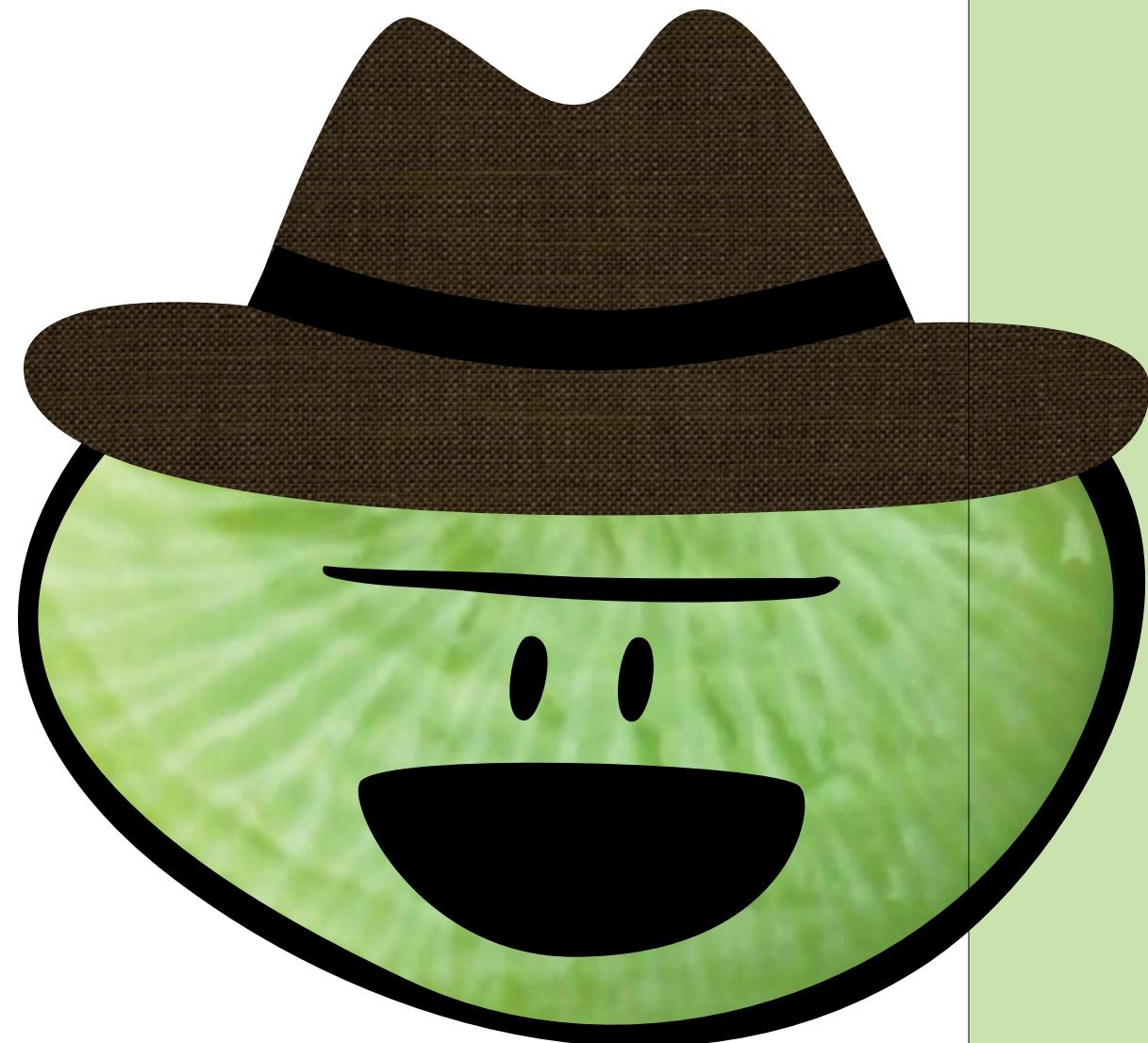
“YAY!”



Inside he finds...



Ask your child what would they put in a treasure chest



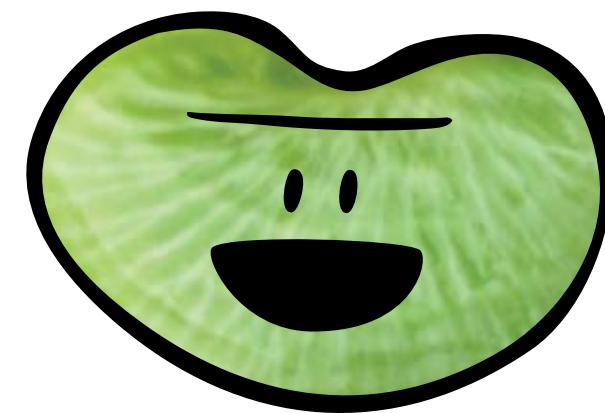
“An explorer’s hat!”

Simon finally feels like a real explorer
and can’t wait for his next adventure!
He hopes you can join him again.

Simon Says

Answers to questions you and your child may have about the story

“I want everyone to be healthy and happy!”



Always have fun and laugh out loud

[Why does Simon want to be an explorer?](#)

Being an explorer means you can discover new places and things before any one else does. Explorers get to go on adventures every day because it's their job.

[Why is watching TV so bad for my child? There are lots of educational shows that they can learn from.](#)

Spending time in front of any screen only encourages children to remain sedentary, or not active. Not much is required of our bodies when we sit and stare. Children learn more and have better brain function when they interact with objects and people.

The important thing to remember is to get active. TVs do not promote this habit.

[I don't have much time to exercise, how am I suppose to fit it into my schedule?](#)

Incorporating activity into your daily life doesn't mean you have to go to a gym every day. It just means that you should strive to do something active for at least 30 minutes a day. Whether it is cleaning your kitchen, pulling weeds from your front garden, sweeping, vacuuming, or walking around the block and visiting with neighbors.

Doing anything besides sitting in front of your computer or TV sets an excellent example for your child. Get them involved with your activities, your bond with them will grow much stronger doing that than sitting and watching your favorite TV show.

[What if I don't know how to swim with Simon?](#)

Solving that problem is just as easy as looking in a phone book (or if you must, online) for a local pool with swim lessons for your child. The sooner you get them involved with an activity, the easier it will be to keep them active as

they grow. Making activity a habit will not only benefit your child's physical well being, it will aid them in their learning.

Don't forget to listen to your child if they don't like a certain activity. If they don't like it, that's okay, there are many other activities in which your whole family can participate. This is almost a blessing because it means you can try something else for fun!

[Why isn't there any gold in the treasure chest?](#)

Treasure chests can be filled with anything; this is why it is always so exciting to find one. Simon's hat was an excellent find because it will encourage Simon to keep exploring and having adventures, which is more rewarding than gold.

[What are other activities I can do for fun?](#)

Well there's: jumping rope, hopscotch, hide and seek, riding a bike, basket ball, four square, bowling, dancing, frisbee, sledding, playing catch, build a fort indoors, planting flowers, cooking, cartwheels, going to the playground, and whatever else your amazing brain can conjure up!

To help you and your child stay on track, there's a handy poster in the back of this book for you to hang on your refrigerator to keep track of your daily activities. Make it a friendly family competition to see who can do their 30 minutes of activity a day.

[Can't find your question or answer?](#)

More information can be found in the SIMON parent guide.

About the Author

Liana Lawrance grew up in the mountains of Virginia. When she moved to San Francisco, California to attend grad school, she experienced a bit of culture shock. Once the shock subsided, she developed an interest in defining American culture. During her search for this definition, Liana discovered that Americans loved to eat. She learned that what Americans were eating combined with a mostly sedentary lifestyle was having a negative effect on their health. When she realized the impact of that effect on young children, Liana felt compelled to do something about it. With a strong passion for food, being active, and a desire to impact others in a positive way, Liana created Simon Bean.

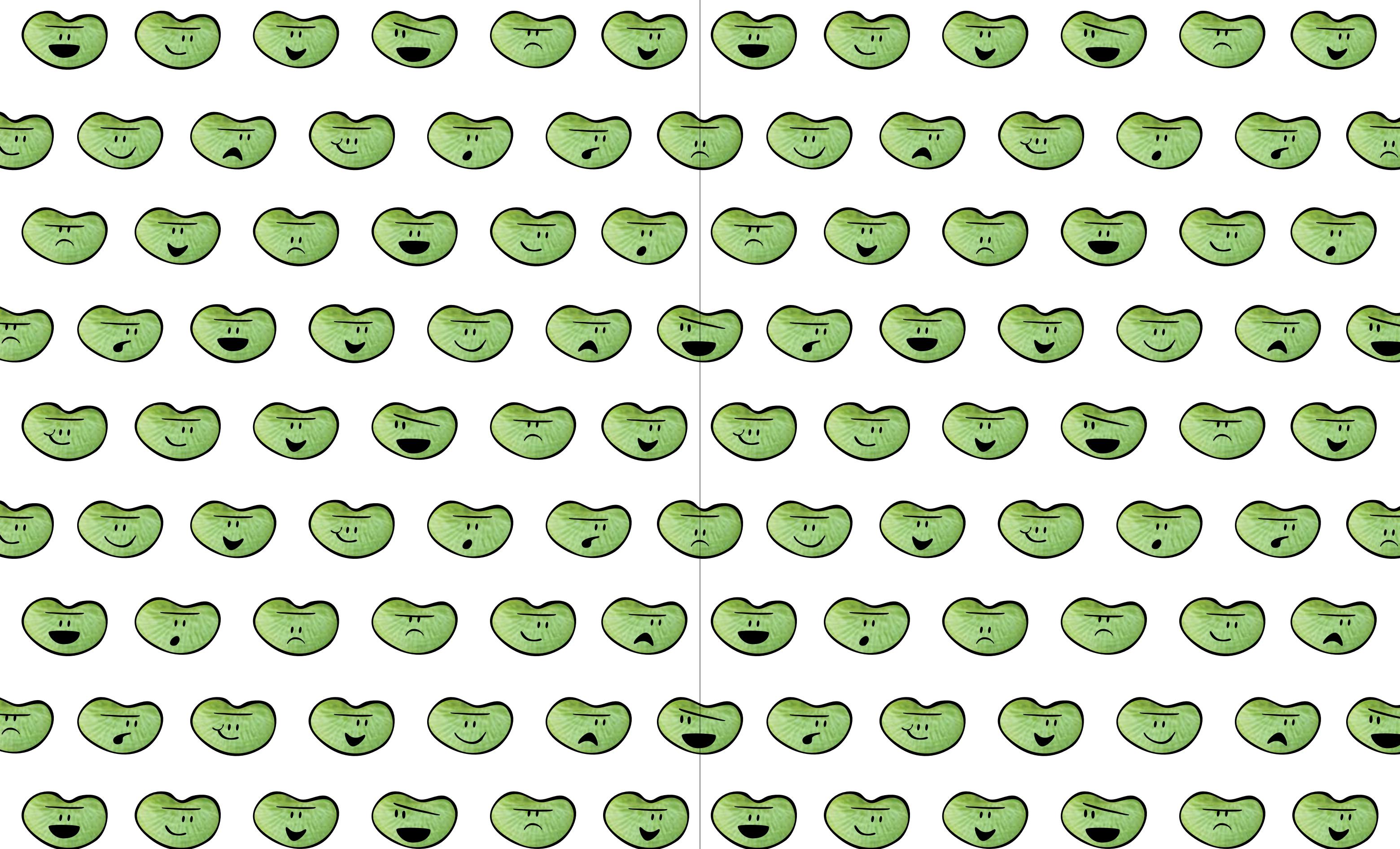
Liana's motivation behind the Simon series is to re-direct American culture with a new icon that creates excitement around healthier habits for America's next generation.

When she's not solving problems with design, Liana spends her time cooking, reading, watching movies, exploring San Francisco, or having fun with her friends. She hopes to one day raise healthy and happy children of her own.

Liana would like to thank the following people: Her parents and friends for their care and patience and her classmates and instructors for their guidance. None of this would have been possible without you.

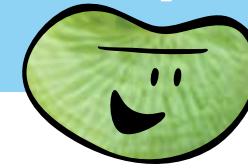


Liana in the kitchen at age 3



SIMON

One Bean and His Silly Dreams



My Daily Adventures

What did you do today?

jump

ride

hike

run

crawl

How to use this poster:

Each day that your child takes part in a physical activity, they receive a sticker next to their name. Add your name to make it a family competition!

Re-use the poster every 2 weeks.

Days

Explorer

Days	1	2	3	4	5	6	7	8	9	10	11	12	13	14

Reward yourself for your daily physical activity