

# JESSICA

One bright sunny day, a little girl called Jessica was getting ready for her dance class.

Jessica's mommy finished combing Jessica's hair just the way she liked it with 2 hair buns and a beautiful yellow bow.

"Are we ready to go now?" asked mommy as Jessica had a quick look in the mirror.

Jessica takes a lot of pride in her appearance.

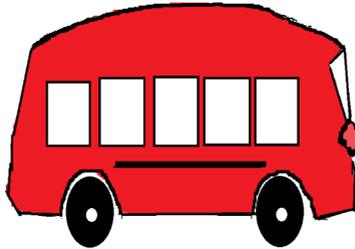
"Oh yes mommy," said Jessica affectionately.



Jessica enjoys her dance classes and has lots of fun with her friends.

"The bus should be here soon," said Jessica's mommy checking her watch, "so let's get going."

Just as Jessica and her mommy arrived at the bus stop, the bus pulled up.



"Perfect timing!" said Jessica's mommy.

"Hello Miss Bus Driver," said Jessica cheerfully, stepping onto the bus.

"Hello," replied the bus driver with a beaming smile.

It was a short bus ride to Jessica's dance class.

"Thank you Miss Bus Driver," said Jessica as she got off the bus with her mommy. The bus driver smiled at Jessica and her mommy before driving off.

It took Jessica and her mommy a few minutes to walk to the dance studio and Miss Perry greeted them at the door. "Good morning Jessica, are you ready for a fun packed dance lesson?"

"I'm ready and very excited for my class today Miss Perry," said Jessica jumping up and down and clapping her hands. "Last week you said we would sing and dance today, so I've been practising my singing and dancing, la la la laaa." sang Jessica.

"Well done Jessica!" said Miss Perry laughing, she was really pleased to see how enthusiastic Jessica was. "Looks like you have been busy practising your singing."

Jessica smiled shyly at Miss Perry. "My mommy has also been practising her singing too," said Jessica much to her mommy's surprise.

"How lovely!" exclaimed Miss Perry looking delighted. "Maybe your mommy will join in too?"

"Mommy you must join in," said Jessica tugging at her mommy's hand excitedly.

"Okay," replied Jessica's mommy hesitantly.

"Hello Jessica," called Tilly who was already sitting down. "Come on, I've saved you a space next to me."

"Thanks Tilly," said Jessica jumping into the space as she saw the other children starting to arrive.

"It's sing and dance today," she said smiling.



"Yes I remembered," said Tilly, "I've been practising at home."

"Me too!" said Jessica doing a little shuffle on the floor!

"Good morning children" said Miss Perry starting her class. "Today we will be singing and dancing so I hope you've all brought your best singing voices with you. However, before we start can anyone remember what we have to do first?" she asked, tapping her forehead with her finger.

Tilly and Jessica looked at each other and shouted "warm ups!" The other children shouted warm ups too but Tilly and Jessica were definitely the loudest.

Miss Perry started the warm ups and Tilly and Jessica were the first ones to join in.

"1 2 3 4 5 clap your hands and touch your toes,  
6 7 8 9 10 turnaround and stretch your arms,  
Let's jog on the spot,  
And be a robot,  
Now that we're all done,  
It's time to have some fun."

There was lots of singing and dancing and the children really enjoyed themselves.

Miss Perry was absolutely the best teacher in the world because she even managed to get the parents to join in. She laughed loudly when she saw the parents giggling like children while they were dancing.

After the dance class had finished, Jessica told Tilly that she was going to meet Danny at the park after lunch.

"Ask your mommy if you can come and play with me and Danny?" suggested Jessica.

"Okay," said Tilly, "I'm sure my mom will say yes as she likes me to try and keep active and exercise every day."

Tilly and Jessica waved at their teacher and hugged each other before leaving.

When Jessica and her mommy arrived home, mommy told her to go and wash her hands. "While you've been at your dance class your hands may have picked up some germs."

"Okay mommy," replied Jessica as she skipped to the kitchen to wash her hands.



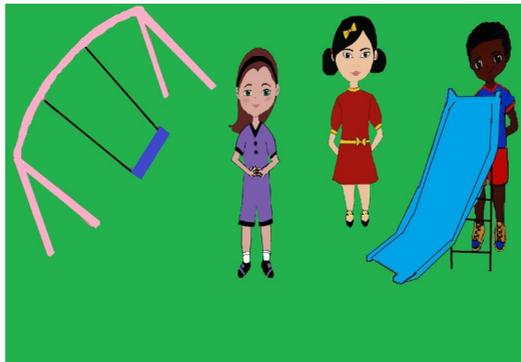
"Naughty germs," said Jessica looking at her hands, "you can't stay on my hands." Jessica washed her hands with soap and made lots of bubbles.

Jessica counted to 20 seconds in her head as she remembered mommy had told her 20 seconds is definitely enough time to wash her hands.

After lunch, Jessica and her mommy left for the park and Jessica told her mommy that she was so sure Danny would bring his cricket bat and ball with him as he is cricket mad!

Danny was already at the park and Tilly had come too.

"Oh yippee! My friends are here mommy," said Jessica running over to join them in the playground.



The children played happily for some time and giggled so much until their tummies were hurting.

"Keeping active is fun," said Tilly as she climbed back onto the slide, "thanks for inviting me Jessica."

"Let's drink some water!" announced Danny as they walked over to the bench where they had left their water bottles. Danny took a big gulp and burped loudly! "Pardon me," he said giggling.



As the children drank their water and chatted, Tilly started waving at a lady and a boy.

"Tilly!" shouted Jessica with a frown, "you shouldn't talk to strangers!"

"Tilly, don't you know the rules for staying safe?" asked Danny looking a bit shocked by her behaviour.

"They are not strangers," chuckled Tilly, "I would never talk to strangers because I know the stay safe rules. I know it's really important not to speak to strangers."

Tilly did her little wriggle. "That's Zach and his mom and they're my neighbours," explained Tilly as Zach's mom walked over to talk to Tilly's mom.

"Zach's mom and my mom go to their zumba class together while Zach comes to my house to play," continued Tilly.

Danny and Jessica's worried expressions soon turned into lovely smiles and Danny said "phew!"

"Hi Zach," shouted Tilly.



"Hello Tilly," replied Zach with a smile.

"Come on, let's go and talk to Zach," instructed Tilly. She raced over to Zach and gave him a big friendly hug.

"These are my friends, Jessica and Danny," said Tilly.

"Hello Jessica, hello Danny," said Zach smiling at them both.

"Hello Zach," replied Danny and Jessica.

"They thought you and your mom were strangers!" chuckled Tilly.



The children chatted for some time and invited Zach to the park to play next time.

"Thanks," replied Zach looking at Danny's cricket bat, "I'm really good at batting."

"Great!" said Danny looking quite pleased that he had a new cricket buddy! "You will have to meet Tom too," he added.

Zach's mom walked over and said hello to the children and asked Zach if he was ready to go home?

"Yes mom," replied Zach, "but meet my friends Jessica and Danny first," he said with a smile.