



Get Up and Go! Follow-Up Letter Template

Dear _____,

On behalf of Ragdoll, the producers of Teletubbies and (your local station), we would like to thank you for your participation in the Seventh Annual Get Up and Go! Teletubbies National Day of Exercise.

Teletubbies is a program about movement, physical development and exploration for preschool children and the 'GO! Exercise with the Teletubbies' content was specifically created to encourage active fun in a playful and safe way, helping children gain self-confidence and self-awareness, while developing their physical capabilities.

Learning through physical activity plays a crucial role in a child's overall development. Young children need to be both physically literate (walking, running, jumping, balancing, etc.) and able to play amongst others, creating their own games and enjoying the excitement of moving with energy.

The 'GO! Exercise with the Teletubbies' content encourages children to get up and explore actions and tasks that they can repeat again and again, either alone, or with a parent or care-giver. The content conveys that it is great fun to move.

Our hope is that you and the children in attendance enjoyed your Get Up and Go! event and we look forward to creating additional event opportunities in the future. We know that you will continue to encourage children to have fun and exercise with the Teletubbies!

Thanks again for sharing the day with us.

Big Hugs,
