

Alex

The Boy Who Watched
Too Much TV



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Alex's mom was very concerned. "Why don't you play outside?" His mother asked.

"My favorite TV show is coming on," Alex replied.



"How about at noon?" His mom suggested.

"The Blue Balloon is on TV at noon," Alex protested.



"Okay, one o'clock then," Alex's mother insisted.

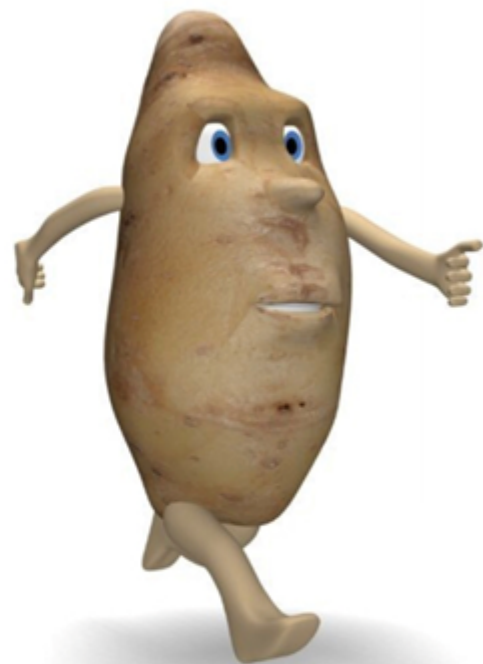
"Sorry, but Alien Attack is on at one," Alex reminded her.



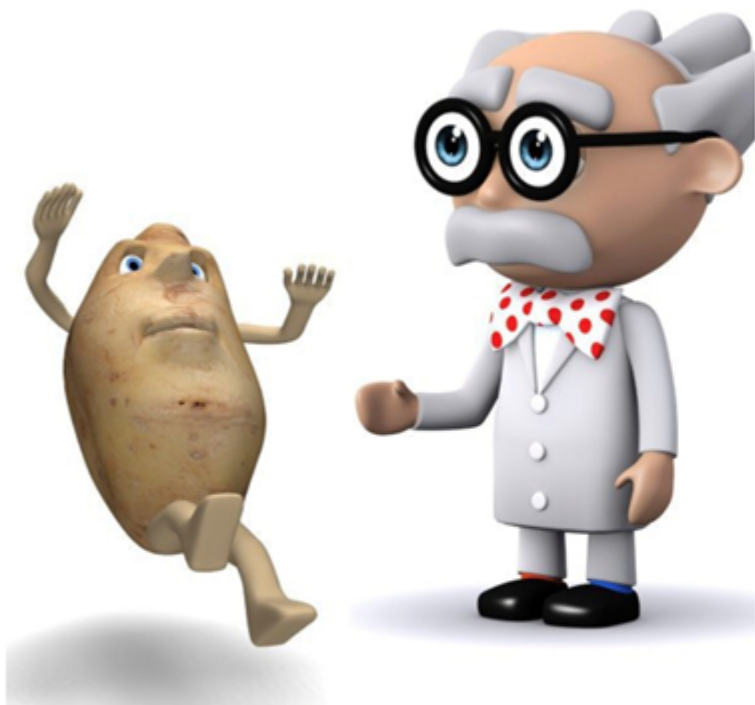
Alex's mom decided enough was enough. "If you watch too much TV," she warned, "you will turn into a couch potato!"



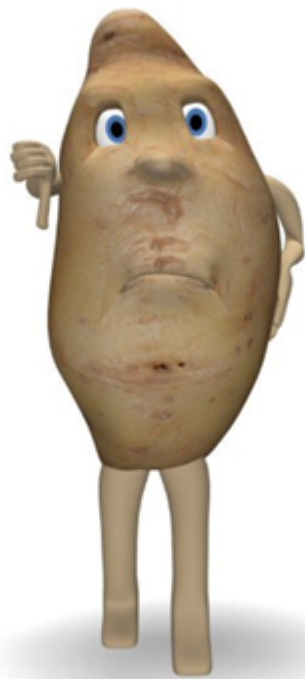
Alex would have laughed, but he was too busy watching Robot Raiders on TV.



That night, Alex had a dream. In his dream, he really DID turn into a potato! He ran to show his mother what had happened. "Oh my goodness!" she gasped. "You need to go to the doctor!"



The doctor took one look at Alex and shook his head. "I'm sorry, Alex," the doctor explained sadly, "but once you become a potato, there is no cure."



Alex couldn't believe it! "There must be something you can do," Alex insisted. "Don't you have ANY advice for me?"



The doctor thought for a minute, then replied, "I recommend that you keep out of sight. Someone might try to turn you into French fries!"



At that moment, the real Alex woke up from his nightmare. He was shaking. "I will NEVER become a couch potato!" He resolved. "I want to grow up to be more than a bag of French fries!"



Alex sprang out of bed, brushed his teeth, and looked for something to do. "What should I do first?" He wondered.



Alex dug his xylophone out of the toy box. "Maybe I could learn how to play a musical instrument," he thought. "That would be fun." So Alex spent the morning learning how to play the xylophone.



After lunch, Alex decided to paint. “I could create a masterpiece,” he thought. “Then I would be famous.” Alex discovered that he loved creating works of art!



Later that evening, Alex decided to read some books. He couldn't believe how much fun reading was! “Books are full of adventures!” Alex said. “I thought adventures were only on TV!”



The next day was just as much fun. Alex spent the morning playing in the sandbox.



After that, Alex found his soccer ball and worked on his best moves.



“Hey, I’m pretty good at this,” Alex said to himself. “All I need to do is practice.”



The following morning, Alex was invited to a birthday party. Rather than stay home and watch TV, like he used to do, he decided to go to the party. "Grab your swimsuit, Alex!" Mom called. "It's a pool party!"



At the party, Alex enjoyed eating ice cream and playing games. He also made some new friends.



Alex and his new friends had a great time swimming and splashing each other in the pool.



“Come to my house tomorrow,” Alex said to his new friends. “I have lots of fun things to do there.”



“I can’t wait until tomorrow,” Alex told his mom that night, while he was brushing his teeth. “My friends and I are going to have a great time!”



When Alex’s new friends arrived, they played with Alex’s blocks. They built a castle, complete with towers and a moat.



Then, Alex brought out some of his favorite books to share. They each read one book and shared it with the others.



After they finished reading, Alex and his friends painted. They had a great time mixing different colors and creating their own works of art.



Before everyone went home, mom took a picture of Alex and his friends. "Playing with friends is a lot more fun than being a potato!" Alex told his mom.



Alex, of course, was right.

