

I dedicate this book to the sunshine
in my life – Indie, Marley, Oscar and Milo.
Thank you for bringing us all so
much joy and happiness.
J. W.

First published in hardback in Great Britain by HarperCollins *Children's Books* in 2021
HarperCollins *Children's Books* is a division of HarperCollins*Publishers* Ltd
1 London Bridge Street, London SE1 9GF

www.harpercollins.co.uk

HarperCollins*Publishers*
1st Floor, Watermarque Building, Ringsend Road, Dublin 4, Ireland

1 3 5 7 9 10 8 6 4 2

The Burpee Bears concept copyright © Joe Wicks 2021
Text copyright © Joe Wicks 2021
Illustrations copyright © Paul Howard 2021

ISBN: 978-0-00-850100-6

Joe Wicks and Paul Howard assert the moral right to be identified
as the author and illustrator of the work respectively.

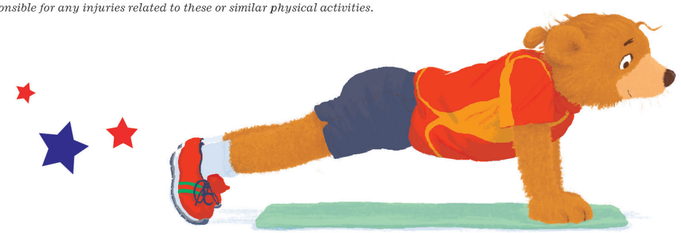
A CIP catalogue record for this book is available from the British Library.

All rights reserved.

No part of this publication may be reproduced, stored in a retrieval system or transmitted
in any form or by any means, electronic, mechanical, photocopying, recording or otherwise,
without the prior permission of HarperCollins*Publishers* Ltd.

Printed in Italy

The tried-and-tested recipes in this book have been reviewed by a leading child nutritionist and carefully selected to suit most adults and children, but neither the publisher nor contributors can be held responsible for any adverse reaction to any of the ingredients. When using kitchen appliances you must always follow the manufacturer's instructions. Always allow hot liquids to cool before handling or blending. All exercises should be undertaken with adult supervision and due care. The exercises in this book have been carefully selected to benefit most adults and children, but neither the publisher nor contributors can be held responsible for any injuries related to these or similar physical activities.



JOE WICKS

THE BURPEE BEARS



Story co-written with **Vivian French**
Illustrated by **Paul Howard**

HarperCollins *Children's Books*

"Good morning, little Burpee Bears."
Daddy Bear is wide awake.

First, Daddy wakes up Bella.
Then he wakes up Frankie.
Then Baby Bear opens
one sleepy eye . . .

"ARE WE READY?
ARE WE STEADY?
ARE WE GETTING UP AND GOING?"



"Is it time to wake
up Mummy?"
asks Bella
as she
stretches up,

and
stretches
down,





and then
whirls
round and
round.



“Where’s my water bottle?”
calls Bella.





“Help me find my trainers,”
says Frankie.





“POO-WEEEE!
What’s that smell?”
asks Bella.



“Oh no!” says Mummy.
“Is it really lunchtime already?”









“Hooray!”
says Frankie.
“I found my trainers.”

“Great,” says Daddy.
“So . . .



“ARE WE READY?
ARE WE STEADY?
CAN WE FINALLY GET GOING?”



“YES, WE CAN!”
they all say.
At last, the
Burpee Bears set
off for an adventure
in the woods.

“ARE WE READY?”

“ARE WE STEADY?”

“LET’S GET JUMPING!”

And the Burpee Bears jump
their way to the top of the hill.



“BIG JUMP FOR THE WIN!”

they shout.

