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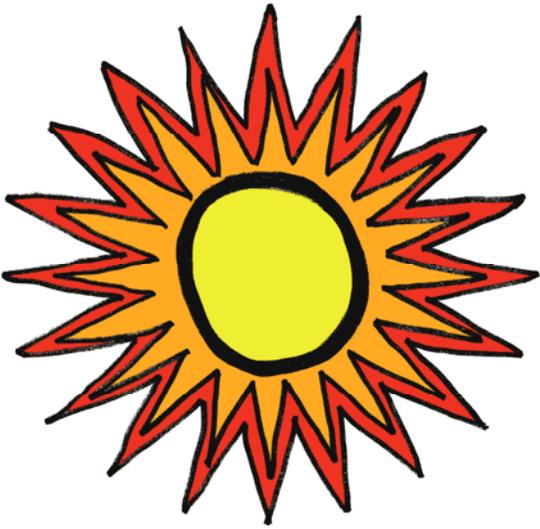
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TEXAS A&M  
AGRI LIFE  
EXTENSION

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For Children Ages 3 and Up



# BE CREATIVE and HAVE FUN!

## **Integrate seven healthy habits into every lesson:**

1. Increase physical activity.
2. Reduce sedentary "screen time."
3. Follow MyPyramid recommendations: <http://www.Mypyramid.gov>.
4. Increase fruit and vegetable consumption.
5. Limit sweetened beverages.
6. Be a good role model.
7. Eat together as a family.

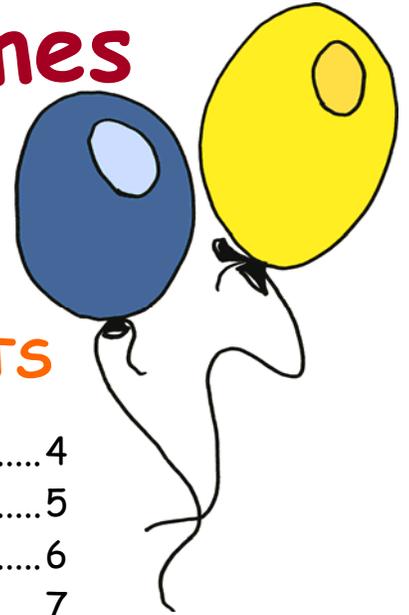
## **Don't focus on exercise and physical activity – encourage "move more and sit less" messages and activities.**

- ◆ Add 10-minute "organized breaks" into lessons, especially when food demonstrations are not possible.
- ◆ Allow time for idea sharing, including favorite games to play.
- ◆ Discuss everyday activities that promote moving more.

## **Encourage active play – children and adults both need "recess" time to promote a healthy lifestyle.**

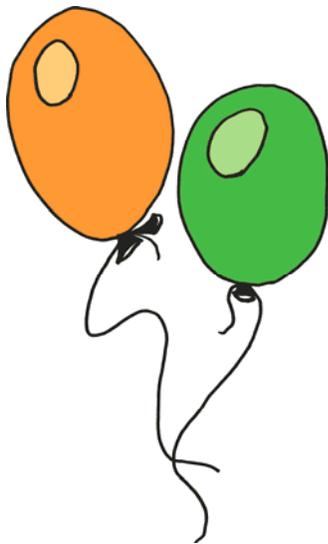
- ◆ Share ways to be a good role model - parents and children.
- ◆ Support and promote area events/activities where families can get active.
- ◆ Promote participation in Walk Across Texas  
<http://walkacrosstexas.tamu.edu>.

# Fun Activities/Games



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# Ants Go Marching

**Activity Objective:** Stretching, warm-up movements, gain awareness of healthy food

**Activity Time:** 10 minutes

**Equipment Needs:** Pictures of various foods from USDA MyPyramid and a large space or poster of healthy foods

## How to Play

1. Set the stage/setting for the march. Example could be:

" We are all ants going out to the park for a picnic. We want to be healthy ants, so we will be eating good foods and remembering to move around a lot to keep healthy."

Begin in a long train of follow the leader.

2. Follow the song, and do the movements. The leader begins the chants with:

"The hungry ants go marching one by one ... hoorah, hoorah

The ants go marching one by one ... hoorah, hoorah (*repeat*)

The little one stops to pick up strawberries"

*Reach low and pick up 10 berries (stretching exercise)*

"And they all go marching down to the picnic to eat healthy food

Boom, boom, boom.

The ants go skipping 2 by 2 ... hoorah, hoorah" (*repeat*) (*kids form 2 by 2*)

"The little one stops to pick some apples

and they all go skipping down to the picnic to eat healthy food

Boom, boom, boom.

The ants go hopping 3 by 3 ... hoorah, hoorah" (*repeat*) (*kids form 3 by 3*)

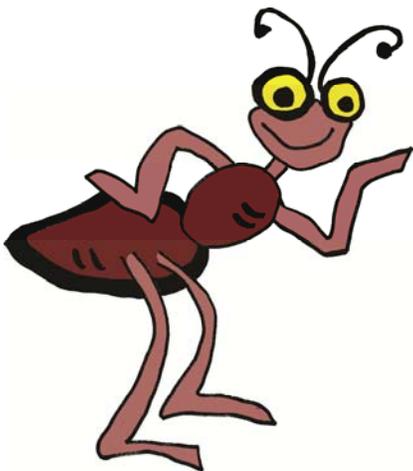
"The little one stops to pull some carrots"

*Reach down and pull some carrots (Wait/model 30 seconds)*

"And they all go hopping down to the picnic to eat healthy food

Boom, boom, boom."

**Variation:** This game can turn into any other form of a follow-the-leader type of game; add your own exercise to different food ideas.



### ***Nutrition Notes***

#### **Ants on a Log**

- ◆ Wash hands and work surfaces.
- ◆ Wash one stick of celery.
- ◆ Spread peanut butter along the center of the celery. Top with raisins.

# Bean Bag Toss

## Activity Objective:

Toss/throw the most bean bags/paper balls into hoops from various distances

## Activity Time:

10-15 minutes, with set-up

## Equipment Needs:

2 Hula Hoops/1 - Roll of masking tape/100 bean bags (any size) or paper balls



## How to Play

1. Form two lines with an equal number of members.
2. Each team stands in a line behind the first distance-taped line. Each person in line is given a bean bag and one by one tries to toss it into their hoop. The team with the most bean bags in their team's hoop, within a timed period, wins. **Variation:** Ask team members to throw backwards overhead, under a leg, standing on one foot, etc.
3. Teams can compete against each other at various distances away from the hoops.  
*Young kids* - increments of 3 ft. (3, 6, 9, etc.)  
*Older kids* - increments of 5 ft. (5, 10, 15, etc.)

**Variation:** For slightly increased physical activity, have them toss their bean bag and then run around the hula hoop and back to the line before the next person can throw.

## *Nutrition Notes*

### **Meat & Beans: Go Lean with Protein**

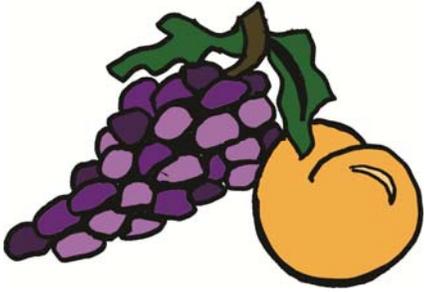
- ◆ Beans are a great source of protein.
- ◆ What's your favorite bean: pinto, kidney, or black?
- ◆ Each day, you need about 5 ounces from the Meat & Beans group.

# Crazy Counters

**Activity Objective:** Work on numbers while involving aerobic activity; team building

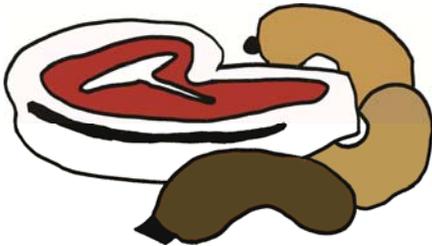
**Activity Time:** 5-30 minutes

**Equipment Needs:** None



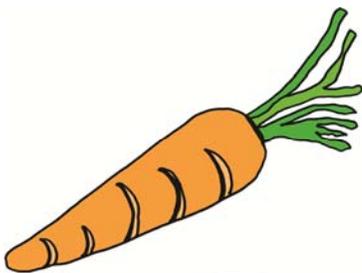
## How to Play

1. Have the students form a group. Then you call out a number and a color.
2. The students then get into a group with that number of people, and they have to find something of that color to touch as a group.
3. Now, you call out another number and color. Continue repeating these steps so the students are constantly moving to change groups and moving around the room or space to look for that color.



**Variation:** Place food group items around the room, and call out a number and food group. Or, for a more advanced activity, only call out the name of a food group, and the students will need to get into groups based on the number of servings of that food group

that you should have each day.



## *Nutrition Notes*

The food pyramid helps promote the three basic rules for a healthy eating style:

1. Variety
2. Balance
3. Moderation

# Duck, Duck, Crazy

**Activity Objective:** Encourage physical movement in slight competition

**Activity Time:** 30 minutes

**Equipment Needs:** None, open area to play in

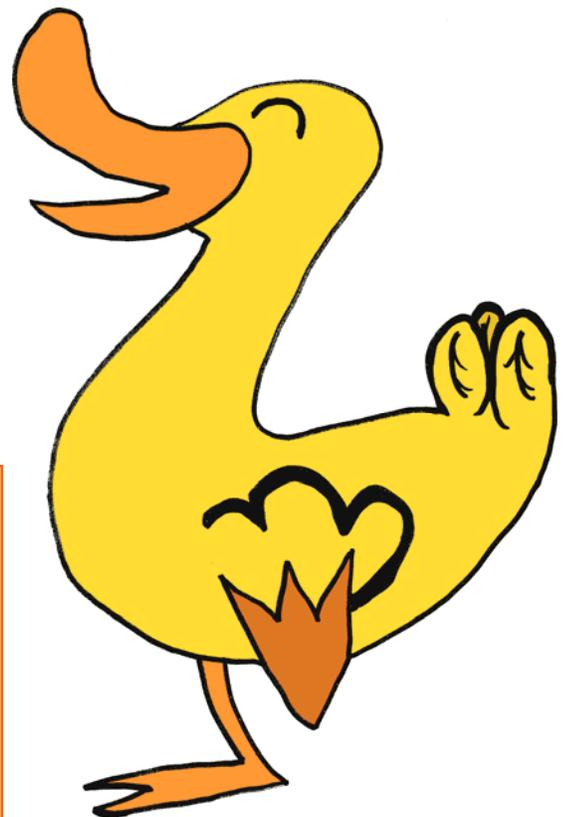
## How to Play

1. The game is played just like Duck, Duck, Goose – except with a twist. Instead of saying “Goose” when tapping the person’s head, the child chooses any animal they want.
2. This action, in turn, makes both children going around the circle have to act like the animal named as they try to get back to the open spot.
3. For example, if “Duck, Duck, Cat” is said, both children must go around the circle acting like a cat. If the child is caught, he or she is “it” again, and the child who tagged them gets to sit back in their original spot.
4. If the child is not caught, he or she sits down, and the chaser becomes “it.”

**Variation:** To make it a little harder, increase the times that children have to go around the circle before returning to their spot.

### ***Nutrition Notes***

Vigorous workouts occur when you're breathing hard and sweating, which helps your heart pump better, gives you more energy, and helps you look and feel your best.



# Elbow Tag

## Activity Objective:

Increase heart rate/warm-up activity

## Activity Time:

10 minutes/30 minutes\*

## Equipment Needs:

None/ \* 5 baskets/ different colored tags/cone markers, large space



## How to Play

### Simple Elbow Tag:

1. Kids pair up and disperse in large area with boundary markers.
2. They interlock elbows, and each person places his/her outside arm on his/her hip with the elbow out.
3. Chaser (A)/Chasee (B): A runs after B.
4. To be safe, B must hook up to one of the pairs.
5. Now C is the chasee and must quickly run from A.
6. If chaser A tags the opponent, then 'A' must find a pair to hook up to and be safe.
7. The new chaser continues to play.

x x F ⊖ x x	x x V ⊖ x x	G
X x M ⊖	x x D ⊖	⊖ x x
x x	x x x x	x x

\* Once kids understand how to play, then add more pairs to create more activity.

**Variation:** Nutrition lesson on balanced diet. Goal for activity: kids will strive to make a balanced diet while exercising in the tag game.

### Variation Set-up:

1. Use markers/cones to designate spaces of different nutrition elements.
2. Place baskets of colored paper tags in each area. Kids get one tag when they are safe all those who start in are get that nutrition element.
3. Play elbow tag with the goal of gaining a balanced diet.
4. Review: At the end of the game, discuss how many were able to obtain a complete daily diet.

### Nutrition Notes

Who am I?

I'm straight as your back or crooked as your elbow.

Layer me with sauce, and add a meatball.

Who am I?

I am pasta - a member of the Grains group.



# Frisbee Fun

**Activity Objective:** Coordination and physical activity

**Activity Time:** 30 minutes

**Equipment Needs:** Frisbees and an area to throw the frisbees

## How to Play

1. Split students up into pairs. Have the pairs make two lines facing each other, with their partner across from them. Give a Frisbee to each pair.
2. Tell students to throw the Frisbee to their partner when they hear the whistle. It's just like an egg toss – if you drop it, you are out.
3. As the numbers of students start to drop, slowly move the remaining students backwards (with more distance between them) until there is only one pair left as the winners.



### *Nutrition Notes*

- ◆ Grains: Make half of your grains whole grains.
- ◆ Tortillas are a part of the grain group.
- ◆ Which kind of tortilla is your favorite: corn or flour?
- ◆ Did you know that a corn tortilla is a whole-grain food?

# Golf Relay

**Activity Objective:** Coordinate skills, use running

**Activity Time:** 20-30 minutes

**Equipment Needs:** 10 wiffle balls/golf clubs (4-6)/score cards/4 buckets or large margarine tubs or coffee cans/tape

## How to Play

1. Tape buckets to the floor, spacing them for 4 or 6 teams (depending on the size of the class).
2. The first team member has 2 balls to try to get into the bucket.
3. Then, that team member runs to retrieve the 2 balls for next team member.
4. Continue play until all team members have a chance to play.
5. Remember to keep score.
6. Announce the best score and first team to finish. Do five rounds.



### *Nutrition Notes*

A standard 8-ounce serving of milk provides good to excellent sources of nine essential nutrients, making it one of the most nutrient-dense foods.

# Hula Hoop Chains

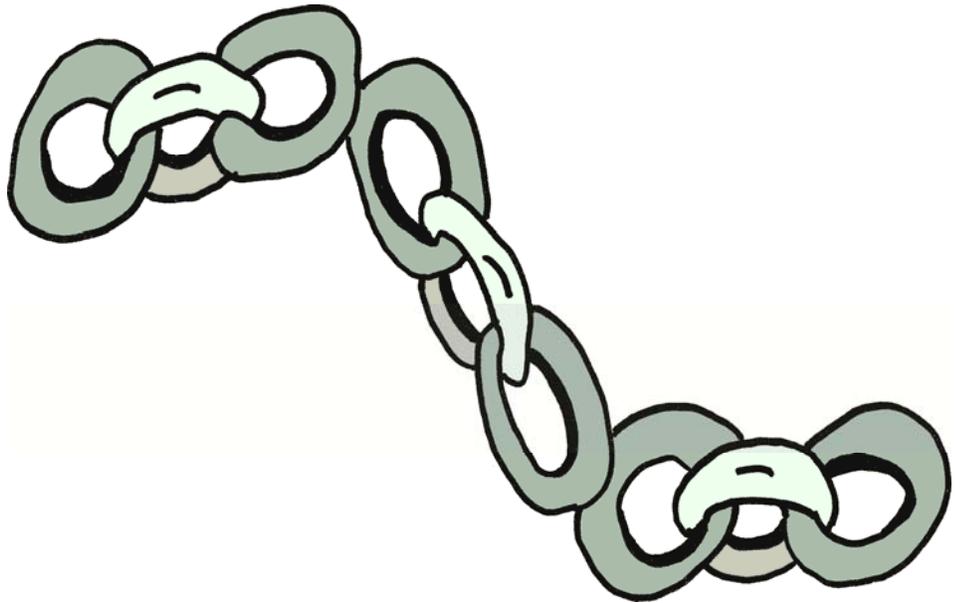
**Activity Objective:** Pass the hula hoop from link to link (person to person) the fastest without breaking the chain

**Activity Time:** 5 minutes per round

**Equipment Needs:** 2 Hula Hoops

## How to Play

1. Line up equally numbered groups in two or more straight lines (forming the "chain"). Have each group hold hands and not let go during the activity.
2. Start a hula hoop at one end of each line.
3. The chain that passes the hula hoop to the end of the line fastest, wins. If the chain is broken, the hula hoop must go back to the beginning of the chain.



### ***Nutrition Notes***

- ◆ Milk: Get your calcium-rich foods.
- ◆ Everyone over the age of 8 years needs 3 cups of milk each day.
- ◆ Children 2 to 8 years need 2 cups of milk each day.

One ounce of cheese counts as 1 cup of milk.

One cup of yogurt counts as 1 cup of milk.

# Imagine This

**Activity Objective:** Students will use their imaginations to perform various movements called out by the leader

**Activity Time:** 10-60 minutes

**Equipment Needs:** None

## How to Play

1. Have students stand up and find an open space for themselves. Set the scene by asking them to close their eyes and imagine.
2. The teacher will call out things such as "you're climbing up a ladder," and the students will mock the motions for that activity. Continue listing physical things that the students can imagine themselves doing while actually moving their bodies.

\*This activity is nice to do right before nap time. Have students set out their mats. Slowly make the calls less and less active until the last call is to lay down. Then tell them to imagine that they are dreaming, and let them go to sleep. If the activity was long enough, they'll be slightly tired and will fall to sleep.

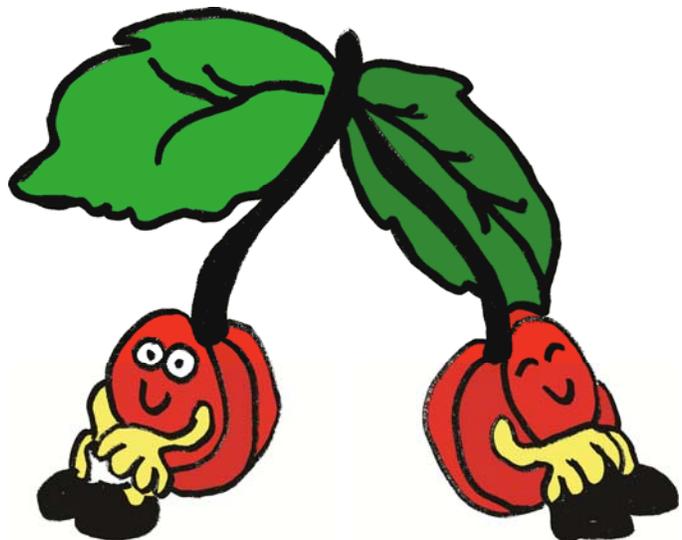
**Variation:** Use a little creativity and provide a little extra time and you can develop a story or a trip that students are taking. You may have them going through a fairy tale such as Jack and the beanstalk: climbing up the bean stalk, fighting the giant, running from the giant, etc. Remember – little kids have vivid imaginations, and they will easily understand this type of activity.

### ***Nutrition Notes***

Spaghetti and meatballs, and add some cheese. For seconds, remember to say please. Don't forget play – move those feet.

How many food groups did you eat?

Your dinner contained three foods from three different food groups: Grains, Meat & Beans, and Milk. Meat & Beans is the name of a single food group.



# Jump Rope-A-Thon

**Activity Objective:** Jump rope at least 10 times (per person) without stopping the rope and breaking the team cycle.

**Activity Time:** 20 minutes

**Equipment Needs:** 2 - Double Dutch jump ropes



## How to Play

1. Two people (per rope/per team) will hold and turn the rope. Two groups with an equal number of participants will compete.
2. Team participants will line up to successfully complete 10 jumps per person, without stopping the rope.
3. The team that has all members pass through the ropes and complete 10 jumps first, wins. If the rope is stopped, then the group has to start over.

### *Nutrition Notes*

Chicken and corn muffins, milk and peas. For seconds, remember to say please. Don't forget play—move those feet. How many food groups did you eat?

Your dinner contained four foods from four different food groups: Meat & Beans, Grains, Milk, and Vegetables. Meat & Beans is the name of a single group.

**Variation:** Have a list of jump ropes styles available for students to complete.

# Knock-knee Hop Scotch

**Activity Objective:** Complete the hop-scotch grid without dropping the ball and breaking the team cycle

**Activity Time:** 30-45 minutes, with set-up

**Equipment Needs:** 1 - Roll masking tape or chalk/2 - 6-inch or larger balls/2 - bean bags or paper balls

## How to Play

1. Using masking tape, create an outline of a hop-scotch grid (1-10).
2. Two groups with an equal number of participants will form lines to successfully complete the hop-scotch grid without dropping a ball, which is placed between their knees.
3. Before a team member can go, they must toss a bean bag or paper ball onto the grid to designate the grid square to be avoided.
4. The team that successfully completes the grid first, wins. If the ball is dropped, the person must go to the back of the line for another turn.



### ***Nutrition Notes***

- ◆ Grains: Make half your grains whole. Start smart with breakfast.
- ◆ Look for whole-grain cereals such as toasted oat rings or whole wheat squares.
- ◆ A 1/2 cup serving of breakfast cereal counts as one ounce.

Each day, you need about 6 ounces of grains.

# Limbo-Mania

**Activity Objective:** Complete all levels of the limbo stick without falling or touching the ground

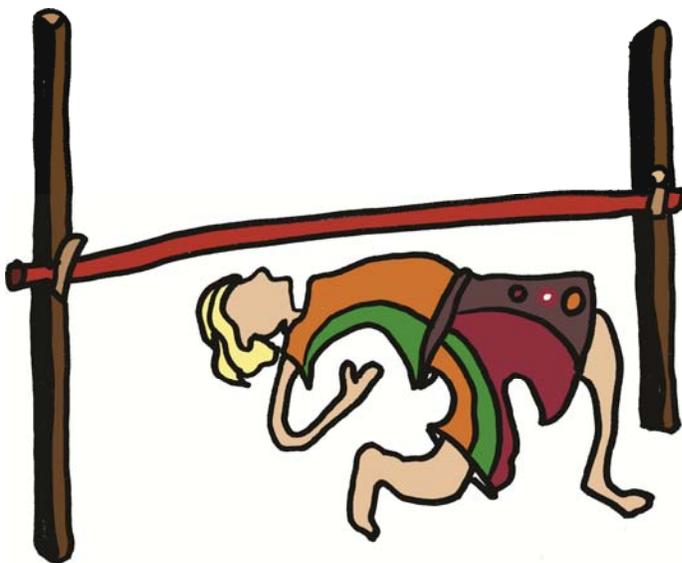
**Activity Time:** 15 minutes

**Equipment Needs:** 1 - Stick or Double Dutch jump rope/1 - CD or tape player with limbo music

## How to Play

1. Begin with stretches.
2. Form two lines with an equal number of participants.
3. Start the music to play limbo. Children will follow in a circle.
4. Each person passes under the limbo stick. People holding the limbo stick/rope follow the pattern of: forehead, chin, shoulder, belly button, waist, thigh, knee.
5. If a person touches the limbo stick or the ground with any part of their body other than their feet, they are "out."

**Variation:** Have students carry objects with them as they go under the limbo stick, making it a little more difficult.



### *Nutrition Notes*

- ♦ Make sure to stretch to prevent injury and increase flexibility!
- ♦ Hold stretches for 10-40 seconds.

# M Master Passer

**Activity Objective:** Without using your hands, pass the ball through the line

**Activity Time:** 10-15 minutes

**Equipment Needs:** 2 - 12-inch balls (kickball, etc.)



## How to Play

1. Have students line up into two equal teams. Let them sit down in their lines, facing the same direction. Leave enough space between them to be able to pivot in a circular direction while sitting.
2. Start the balls at the front of each line, and have students pass the balls down the line without using their hands (e.g., with their legs, feet, elbows, etc.).
3. The first team to get the ball to the end, wins. To make the game more challenging, the first team to the end of the line and back wins.



### *Nutrition Notes*

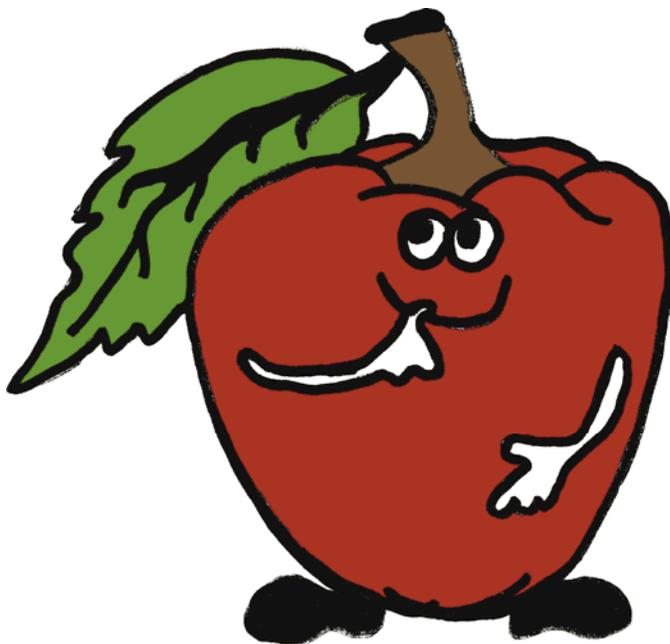
Pass the water! Make sure to drink water before, during, and after physical activity!

# Nifty Noses

**Activity Objective:** Focus, and motor skills

**Activity Time:** 15-20 minutes

**Equipment Needs:** Balloons, masking tape



## How to Play

**Setup**—mark the starting lines

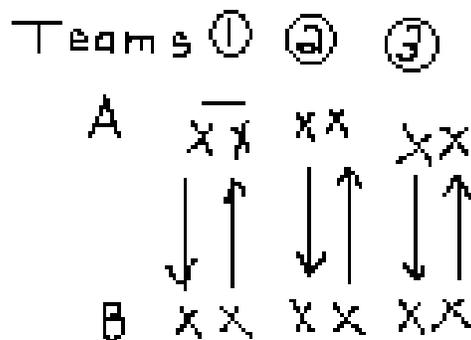
1. Divide students into three teams. Place half of each team at point A and the other half at point B (as shown in the diagram below).
2. One student from each team will start at point A and push a balloon with their nose to point B. The first student in each line at point B will do the same thing back to point A.
3. Team members at both points take turns until everyone has gone. The team that does this activity the fastest wins!

**Variation:** Make paths for them to travel like mini obstacle courses.

### **Nutrition Notes**

The sense of smell is 80% of taste.

Remember this fact as you eat your daily requirements from the Food Guide Pyramid.



# One-Handed Fast Pass

**Activity Objective:** Pass the ball the fastest down a line of participants, without dropping the ball.

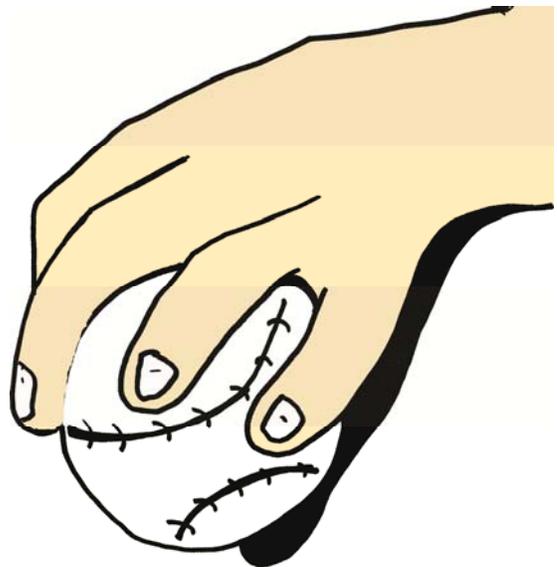
**Activity Time:** 30 minutes

**Equipment Needs:** 2 - 6-inch round balls

## How to Play

1. Place an equal number of participants into two teams.
2. Each team member will hold one hand out in front of his or her body. All participants must place the same hand in front, and the hand not being used must be placed behind their back.
3. The team that passes the ball the fastest down the line, without dropping the ball, wins. If the ball is dropped, the team must start the ball at the beginning of the line.

**Variation:** Have participants pass the ball with their least coordinated hand, such as right-handed people can only use their left hand, and left-handed people can only use their right hand. Other variations include: passing the ball while standing on one foot or with your eyes closed, etc.



### ***Nutrition Notes***

How many pounds of apples does the average person eat each year?

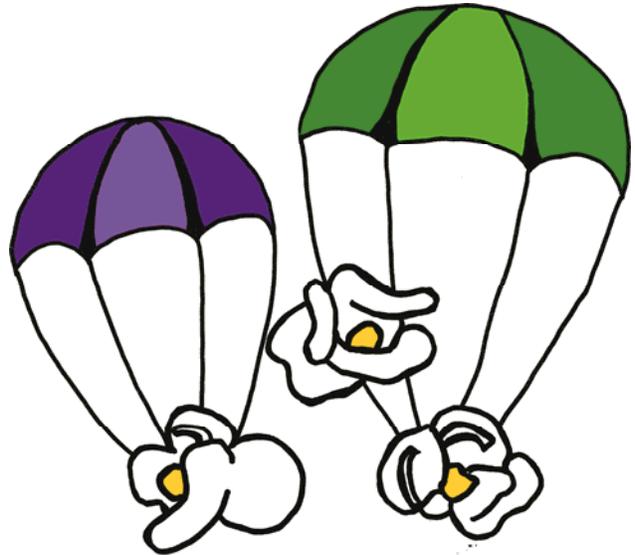
Sixteen. Apples are members of the Fruits food group. You should eat about 1 1/2 cups of fruit each day.

# Parachute Popcorn Play

<b>Activity Objective:</b>	Building muscle arm strength/light running
<b>Activity Time:</b>	20-30 minutes
<b>Equipment Needs:</b>	Parachute (or a large, flat sheet)/soft balls or bean bags (yellow work nicely) may be used

## How to Play

1. Roll out the parachute with the children. Place soft balls in center. Tell students that you are warming up the machine as you walk. Keeping all balls in the center.
2. Begin to pop. Stop. Put 2 hands on the parachute slowly with small arm movements up and down to begin the popcorn.
3. Bring up the heat by moving arms up and down fast, using full-range motion (building muscles; try to keep popcorn balls on the parachute).
4. Bring down the heat. The popcorn pops more slowly at the end. Place the parachute on the floor. Have the children kneel or sit, with their shoes removed. Have 4-5 kids enter the parachute and try to capture the balls as children on the outside move the popcorn and parachute up and down. Stop and let other children try to capture the balls.
5. Retrieve all popcorn off of the parachute. Place all popcorn under the parachute in the center. Have students hold the parachute waist high.
6. Have students stretch the parachute high above their heads. Ask a few students to try to run and retrieve the popcorn and get out before the parachute comes down to their feet (count to 5 or 3 when students' arms are extended with the parachute).  
\*Call the students by the color they are holding for this exercise. Let all have a turn.
7. If time allows, have students pull the parachute high above their heads. Then bring it down, and sit on the parachute. Close the activity by discussing which muscles they used for this game.



### ***Nutrition Notes***

#### **Grains: Make half your grains whole**

- ◆ Did you know that popcorn is a whole-grain food? Three cups of popped corn equals one ounce of grain.
- ◆ Each day, you need about 6 ounces of grains.

# Quick! Clean the Room!

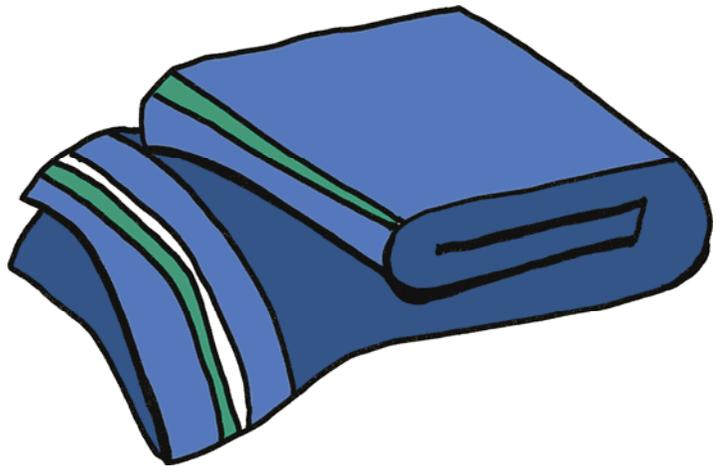
**Activity Objective:** Kids will practice throwing and working together to clean their side of the room.

**Activity Time:** 10-15 minutes

**Equipment Needs:** Large space/cones or markers, socks, soft balls, foam noodles, koosh balls, small towels, etc.

## How to Play

1. Split the play area in half by using cones or markers. Spread out the objects (socks, balls, etc) evenly on the two sides.
2. Separate the children into two teams. Everyone will have 3-5 minutes to clean their side of the room by throwing objects from their side across the line to the other side. At the end of that time, the side of the room that looks the cleanest, wins.



**Variation:** Split the play area and teams into four instead of two.

### *Nutrition Notes*

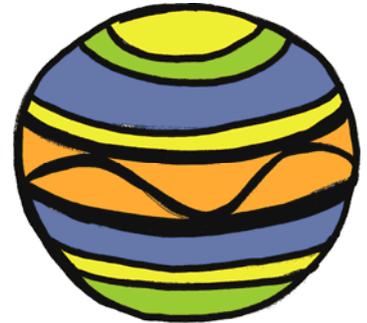
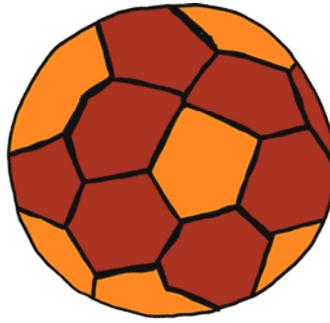
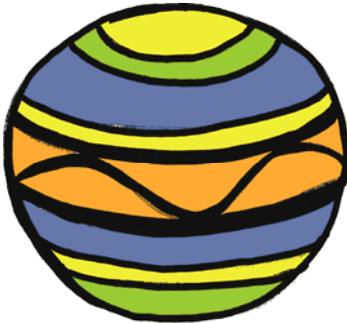
- ♦ Fizzle and pop and tickle the nose  
Not too often, drink me only once in a while  
12 teaspoons of sugar but nothing else  
Instead of me, milk is sure to make you smile
- ♦ A can of soda pop has about 12 teaspoons of sugar but none of the vitamins you need to grow. Limit soda to 1 or 2 per week.

# Round the World

**Activity Objective:** Pass a ball around your waist and then pass to the end of a team line the fastest.

**Activity Time:** 30 minutes

**Equipment Needs:** 2 - 12-inch balls (e.g., kickball, basketball, etc.)



## How to Play

1. Form two lines with an equal number of members.
2. Start one ball at the beginning of each line. Each team members must pass the ball around his or her waist and then pass it on to the person standing next to them, without dropping the ball. If the ball is dropped, it must go back to the beginning of the line.
3. The team that passes the ball the fastest through all members, wins.

**Variation:** Increase the number of times it has to go around the waist, or add other commands such as around the neck and then around the waist. You may also add basketball skills to this activity, such as pass the ball through the legs, and then around the waist, etc.

### *Nutrition Notes*

Juiced, sliced, or sectioned—how many ways can you eat an orange? Oranges are packed with vitamin C.

Each day, you need about 1 1/2 cups of fruit.

# Spoon Racing



## **Activity Objective:**

Complete the obstacle course the fastest without dropping the object.

## **Activity Time:**

45 minutes, with set-up

## **Equipment Needs:**

4 - Shallow spoons/2 - Round ping pong/small balls/cones or objects to create a course

## **How to Play**

1. Form two teams with an equal number of participants. Give each team two spoons and an object.
2. One team member from each team must complete the obstacle course without dropping their object and pass it to the next team member using only the spoons.
3. The team that completes the course fastest, wins. If the object is dropped, the person must go back to the beginning and start over.

**Variation:** Make the obstacle course harder by including crawling, etc.

## ***Nutrition Notes***

- ◆ One serving of nuts or dried fruit is about the size of a golf ball.
- ◆ You need 5 ounces from the Meats & Beans group and 1 1/2 oz. from the Fruit group.

# Three-Headed Race

**Activity Objective:** Complete the course the fastest, while holding a ball (head-to-head).

**Activity Time:** 10 minutes

**Equipment Needs:** 2 - 6-inch round balls

## How to Play

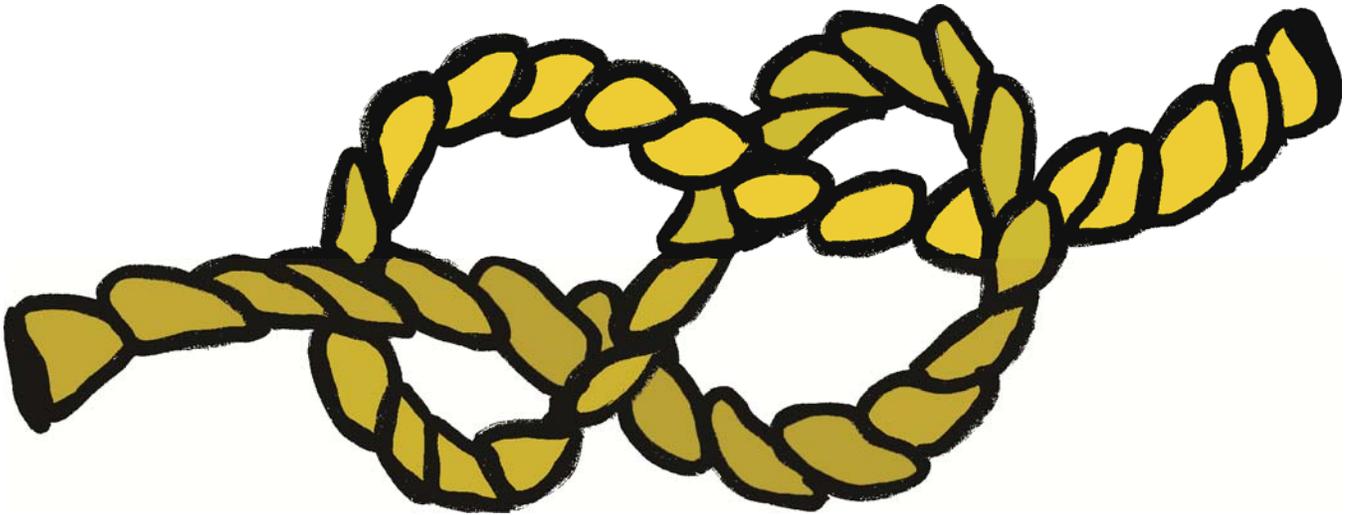
1. Create two competing teams. Members will stand two-by-two in a line.
2. Place a ball between their heads.
3. The two-by-two team members must complete the course without using their hands or dropping the ball.
4. The team completing the course the fastest, wins. If the ball is dropped, the team must go to the end of the line for another turn.



### ***Nutrition Notes***

Americans consume close to 30 pounds of lettuce per year! Eat lettuce as one of your five vegetables, and remember – the greener it is, the better it is for you!

# U ntangle



**Activity Objective:** Untie/untangle the human knot the fastest without breaking the circle.

**Activity Time:** Varies, usually 20-30 minutes; times will get faster

**Equipment Needs:** Fun background music, if desired

## How to Play

1. Create small circles with equal an number of participants (no more than 6 per circle).
2. Participants will cross their arms in front of their bodies and grab the hands of the person across from them.
3. Without letting go, the members in each circle must figure out how to untie/untangle their circle. The group who unties/untangles first wins.

**Variation:** Blindfold participants (watch them carefully to help them avoid injury).

### *Nutrition Notes*

- ♦ Why is the baby octopus always late for dinner?  
He has to wash his hands first!
- ♦ To help stay healthy, always wash your hands before eating.

# Volleyball-Blanket

**Activity Objective:** Volley the ball back and forth between the sheets (being used as parachutes), and avoid dropping the ball.

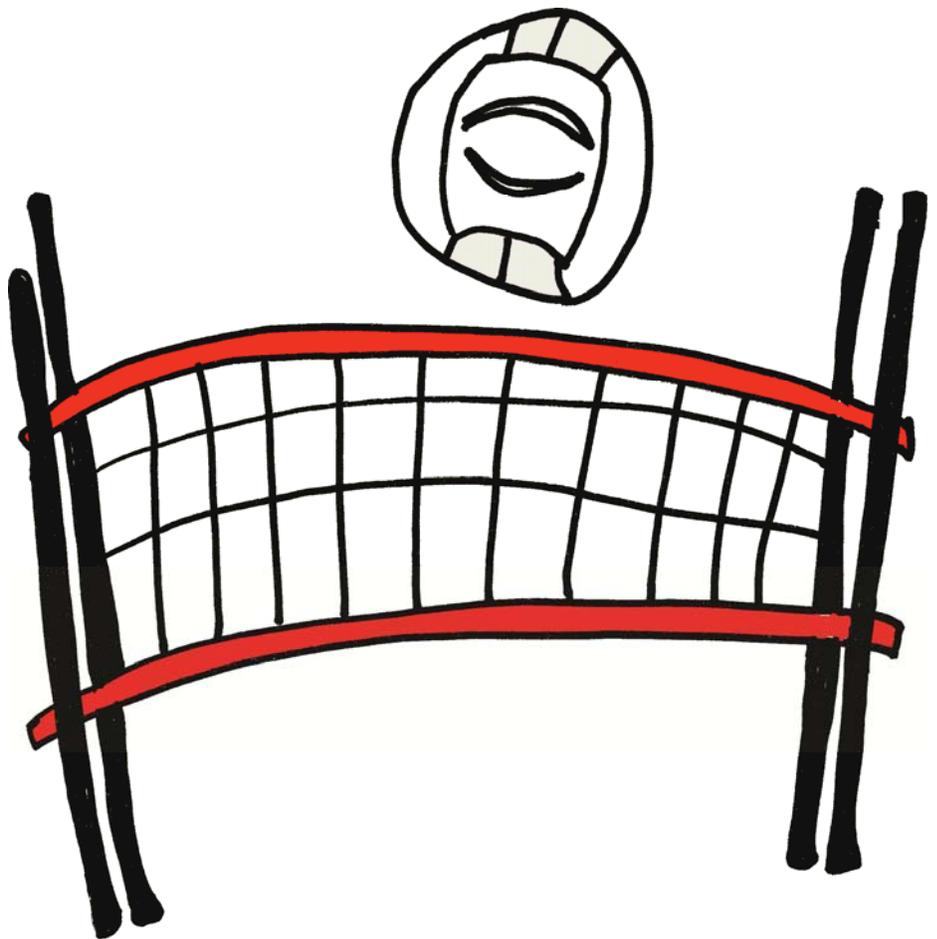
**Activity Time:** 30 minutes and up

**Equipment Needs:** 1 - Beach Ball/1 - Rope, tape, net, etc./2 - Twin-size flat sheets

## How to Play

1. Form two teams with an equal number of participants. Give each team a sheet.
2. Toss the ball into one sheet, and that team uses the sheet to try and toss it to the other team over the established line (using a rope, tape, or net).
3. Continue the tossing until someone drops the ball. Dropping the ball gives the opposite team a point.
4. The first team to 7 points wins.

**Variation:** To increase difficulty, move the teams further away from the dividing line, or make a solid net such as a black sheet, so they can't see over – they will only see the ball coming at them.

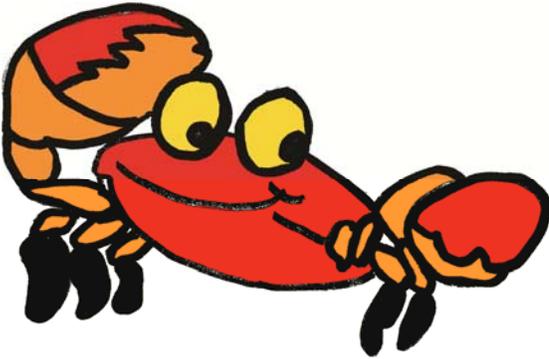


### ***Nutrition Notes***

Playing outside? Be sure to wear sunscreen with a SPF of 30 or 45.

# W

# alk Like An Animal Relay



### Activity Objective:

Identify how animals exercise using large muscle movements. Raise activity level and variety. Complete the course the fastest while performing the way the designated animal walks/moves.

### Activity Time:

10-15 minutes

### Equipment Needs:

Cones or objects to create a course

## How to Play

1. Place an equal number of participants into two teams.
2. Line up each team in a row, facing the course that has been created using cones. For more of a challenge, the cones can be used to create a figure-8 course.
3. The teacher/leader will call out an animal for each person in the line (e.g., elephant, seal, mouse, rabbit, horse (gallop/2 people), frog, crab).

### Example:

1<sup>st</sup> person = walk like a bear

2<sup>nd</sup> person = walk like a crab

3<sup>rd</sup> person = waddle like a duck

4<sup>th</sup> person = hop like a frog

Etc.

4. The team that completes the course first, wins.

### Nutrition Notes

- ◆ About 240 million hens lay close to 5,5 billion eggs per year.
- ◆ Eggs are a healthy option for your daily 5 ounces of meat & beans.



# X-ray Tag

**Activity Objective:** Students will their build heart rate by playing tag and will identify at least 3 parts the of the body.

**Activity Time:** 10-15 minutes

**Equipment Needs:** Poster of bones in the body (labeled)

## How to Play

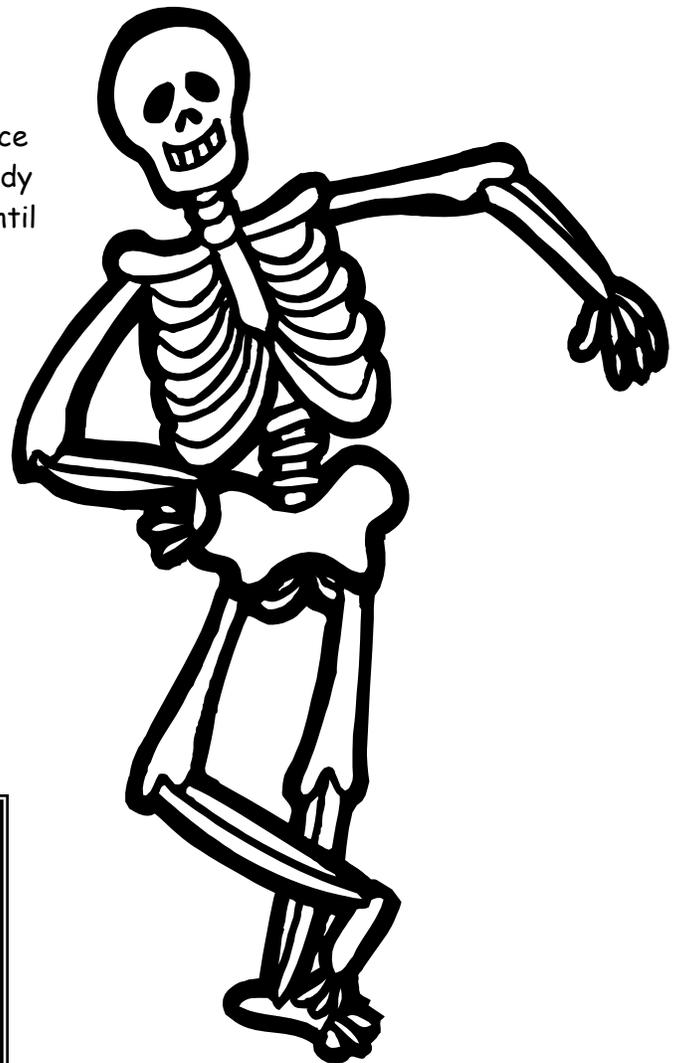
1. Review body part names with the students. Tell them that they will need to remember 3 body parts to have chances in a tag game.
2. X-ray tag is like freeze tag. Have 1-5 people who are the freezers (chasers).
3. When a person is tagged, they have one chance to be free by identifying and pointing to a body part. After 3 times, they should be frozen until the end of game. If they are incorrect then they are frozen.

## Variation:

Increase the difficulty by letting the chaser ask the tagged student to identify a body part. Increase the number of body parts to be identified.

### *Nutrition Notes*

Your thigh bone is stronger than concrete! Keep it that way by getting two cups of dairy a day!



# Yes, You May

## (Mother May I)

**Activity Objective:** Physical Movement

**Activity Time:** 30 minutes

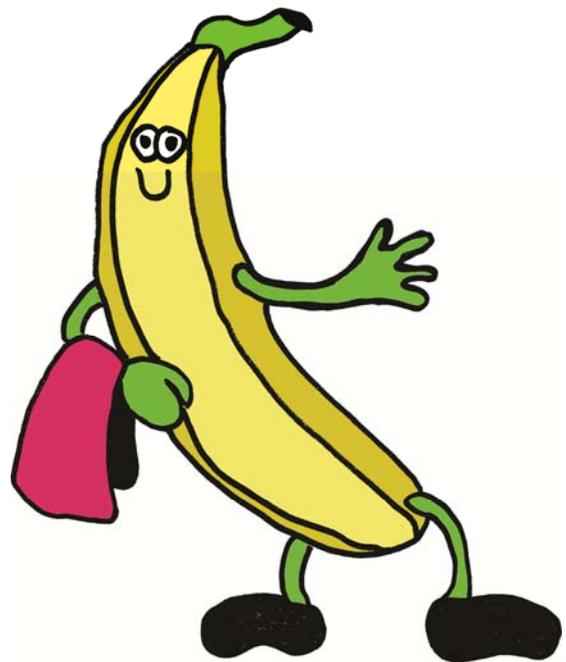
**Equipment Needs:** None

### How to Play

1. Have students line up side-by-side in the room. Have them ask, one-by-one, "Mother may I \_\_\_\_\_ (e.g., have a banana, ice cream, and such) for \_\_\_\_\_ steps forward?"
2. If the food is healthy, let them move. If not, tell them, "No, you may not, but you may have \_\_\_\_\_ (a health food) for a couple steps."
3. The healthier the food, the farther they should be able to go. If the food is not that healthy, you may consider giving them a partial amount of their requested steps - not all of their requested steps (perhaps half of their requested steps or whatever seems reasonable).
4. The first person to the other side of the room, wins.

### *Nutrition Notes*

Healthy eating is important, but so is physical activity! Make sure you get 60 minutes of physical activity daily, and limit screen time to less than 2 hours a day!



# Zoom

**Activity Objective:** Students will jump rope 5 times consecutively

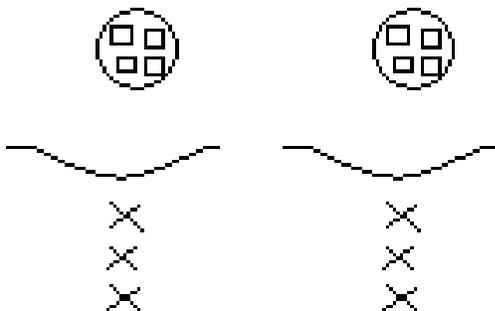
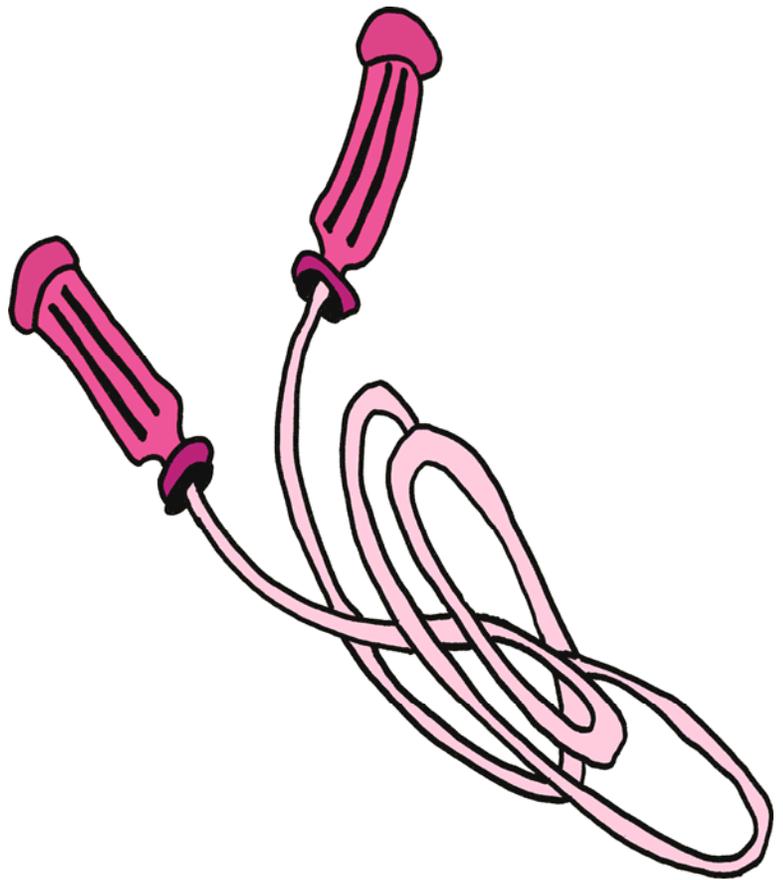
**Activity Time:** 10-30 minutes

**Equipment Needs:** 3 large jump ropes/3 hula hoops/12 bean bags

## How to Play

1. Divide students into 2 or 3 teams, and give each team a large rope.
2. Setup as shown in the diagram below.
3. Each student must jump rope 5 times successfully to get to the inner circle (hula hoop) and retrieve a bean bag. To bring the bean bag back to the team, they must again jump 5 times successfully to get out.
4. The first team to finish, wins.

**Variation:** Increase the difficulty of the game by having students enter and exit as the rope turns.



### *Nutrition Notes*

Jumping rope for 15-20 minutes can burn off the calories from one candy bar!

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