**Bung-a-Low, Ready, Go!**

**Get Ready!**
This is a repeat after me game!

**CHOOSE one person to be the leader**

**TIP:** Think creatively about phrases that rhyme with Bungalow. For example, "...This is how I (do-si-do, get real low, move real slow)."

---

**Instructions:**

1. When the game begins, the leader will call out the name of a player and say: “Hey [players name]!”
   - Player: “Hey what?”
   - Leader: “BUNG!”
   - Player: “BUNG what?”
   - Leader: “BUNG-A-Low, Ready GO!”
   - Player: “My hands are high (lift arms and hands overhead), my feet are low (bend and touch knees or toes), and this is how I Bung-A Low (perform a dance or silly move)!

2. Everybody repeats: “Her hands are high, her feet are low, and this is how she Bung-A-Lows!” All students perform the same movements (i.e., raise arms, touch toes, mimic dance move).


---

**Family Talking Points:**

*Discuss together and write or draw your answers in the space provided.*

Stretching is important for flexibility and preventing injuries. What kind of stretches do you know?

What are two different ways that you can stretch your legs?

---

For more fun activities visit: [https://extension.oregonstate.edu/bepa](https://extension.oregonstate.edu/bepa)