Buy a Vowel

Instructions:
1. One person will draw blank spaces on a piece of paper or white board, which each space representing a letter of a word.

2. The person writing the word will say “Go!” and everyone playing will march in place.

3. To guess a letter, a player must first stand-up and sit-down 3 times.

4. If the guessed letter is not part of the word, everyone must do 5 one-foot hops on each foot before guessing again.

5. If someone wants to “buy a vowel,” everyone must do 10 jumping jacks (squats, lunges, star jumps, etc.).

Think of lots of words to keep the game going! You can also change the movements to make them more inclusive or just to add variety to the game.

Family Talking Points:
Discuss together and write or draw your answers in the space provided.

Jumping and squatting help strengthen your bones. What are some other ways to build strong bones?

Calcium and Vitamin D also help make strong bones. What are some foods that have calcium and Vitamin D?

Equipment Needed:
✓ Paper, a white board, or any object to write on
✓ A pencil, pen, or something to write with

Get Ready!
This game is like “hangman,” except you will move your body instead of drawing.
The objective of the game is to guess what word is written down.
MAKE ROOM inside so that everyone has enough personal space to move.
THINK of appropriate words related to school subjects or your favorite activities.

For more fun activities visit: https://extension.oregonstate.edu/bepa