Get Ready!
Choose one player to be the “Veggie Finder” and have them close their eyes.
Choose another player to be the “Veggie”.
TIP: Make sure all the players know who the “Veggie” is and have the “Veggie Finer” open their eyes and begin walking around the activity space.

Instructions:
1. Call out a specific movement (jumping jacks, jog in place, squats, etc.). When a movement gets called out all players must do it.
2. If the “Veggie Finder” gets close to the “Veggie”, players should do the movement faster. If the “Veggie Finder” moves away from the “Veggie”, players should slow down their movement.
3. The “Veggie Finder” must guess which player is the “Veggie”!
TIPS: You can try out different movement concepts (e.g., BIG/SMALL; RIGHT/LEFT).

Family Talking Points:
Discuss together and write or draw your answers in the space provided.
This activity helped you do physical activity that was light, moderate, and vigorous. What part of the activity do you think was vigorous movement?

What is your favorite vigorous activity to do?

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