

# Human, Banana, Soda Pop

## Get Ready!

This game is like rock, paper, scissors except we move our whole body! Instead of rock, paper, scissors we use:

**HUMAN:** flex arms overhead like a body builder and say “Oh, yeah!”

**BANANA:** stand on tippy toes, put both arms straight up in the air and say “banana”

**SODA POP:** Squat down and make arms into a circle shape in front of your chest (like a basketball hoop) and say “Fizzzzzzz”



## Rules:

*Humans eat bananas (and bananas are good for humans) so humans BEAT bananas.*

*Bananas are healthier than soda, so bananas BEAT soda. Soda is full of empty calories and/or sugar, so soda BEATS humans.*

## Instructions:

1. Find a partner and stand back to back with at least one foot (one arm’s length) of space between you.
2. One partner will yell “human, banana, soda pop” and then both players will jump and spin to face each other. Before you land, do the movement for human, banana, or soda pop and hold it!
3. The winner does ten star jumps (one foot hops, jumping jacks) and your partner does ten squats (calf raises, frog jumps).

## Family Talking Points:

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

What beverages can you choose instead of soda that would be a healthier option?

List some healthy snacks other than bananas: