



# Buy a Vowel



## Equipment Needed

- ✓ Any object to write on, such as paper or a white board
- ✓ Something to write with, such as a pencil or marker

## Get Ready!

This game is similar to the game of "hangman." The object is to guess what word has been written down!

**Make room** indoors or outside so that everyone has enough personal space.

**Think** of appropriate words or phrases related to school subjects or your favorite activities.

## Instructions:

1. One player will draw blank spaces on a piece of paper or white board, with each space representing a letter of a word.
2. The player writing the word will say "Go!" and everyone will begin **marching 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 **single-leg hops** on each foot before guessing again.
5. If a player wants to buy a vowel, everyone must do 10 **jumping jacks** (or another movement of your choice).

**TIP:** Think of lots of words and phrases to keep the game going! Change the movements to make them more inclusive or to add variety to the game.

## Family Talking Points:

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

1. Jumping and squatting help strengthen your bones. What are some other ways to build strong bones?
2. Calcium and vitamin D also help build strong bones. What are some foods that have calcium and vitamin D?