



Find the Veggie



Get Ready!

Take turns being the activity leader.

The activity leader will **choose** one player to be the “Veggie Finder” and have them close their eyes.

The activity leader will then **choose** another player to be the “Veggie.” All players except for the Veggie Finder should know who the Veggie is.

TIP: Have a parent be the activity leader but encourage them to play along!



Instructions:

1. The activity leader will call out a specific movement (jumping jacks, jog in place, squats, etc.). When a movement is called, all players should do that movement.
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 movements.
3. The Veggie Finder must guess which player is the Veggie!

TIP: Try different movement concepts like big/small or right/left instead of fast/slow.

Family Talking Points:

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

1. This activity helped you do physical activity that was light, moderate, and vigorous. What part of the activity do you think was vigorous?

2. What is your favorite vigorous activity to do?