



Healthy Says



Get Ready!

Write down five foods that are healthy and five foods that are unhealthy.



Write down five activities that are healthy and five activities that are unhealthy.

TIP: Ask your parent/guardian to make the list for you!

Instructions:

1. Start by marching in place.
2. The player who wrote the food and activity lists will call out a food or activity one at a time.
3. When they call out something healthy, everybody should **dance**.
4. When they call out something unhealthy, everybody should **hop**.

TIP: Switch up the movements or the movement concepts. For example, when something unhealthy is called, everyone should move more slowly, and when something healthy is called, move faster.

Family Talking Points:

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

1. If you aren't being safe, physical activity can be unhealthy. Can you think of an activity where you need to take extra steps to stay safe (e.g., *shin guards in soccer*)?
2. What was your favorite healthy food and healthy activity listed?