



Human, Banana, Soda Pop



Get Ready!

This game is like rock, paper scissors, except you will move your whole body!

Instead of rock, paper, and scissors, we will 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 your arms into a circle shape in front of your chest (like a basketball hoop) and say "Fizzzzzz!"

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 of space between you.
2. One partner will yell "human, banana, soda pop!" 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 10 star jumps (jumping jacks, etc) and your partner does 10 squats (calf raises, etc).

Family Talking Points:

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

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

2. List some healthy snacks other than bananas: