



Bung-a-low, Ready, Go!



Get Ready!

This is a repeat-after-me game!



Choose one player to be the activity leader.

TIP: If needed, write the song lyrics on a piece of paper for reference.

TIP: Think creatively about phrases that rhyme with "bung-a-low." For example: "This is how I (do-si-do, get real low, move real slow, etc.)."

Instructions:

1. To begin the game, the activity leader will call out the name of a player and say: "Hey [player's name]!"
 - Player: "Hey what?"
 - Leader: "Bung!"
 - Player: "Bung what?"
 - Leader: "Bung-a-low, ready, go!"
 - Player: "My hands are high (lift arms and hands over head), my feet are low (bend and touch knees or toes), and this is how I bung-a-low (perform a dance or silly move)!"
2. All players then repeat: "Her hands are high, her feet are low, and this is how she bung-a-lows!"
3. After repeating, all players sing: "Bung-a-low, bung, bung-a-low-a-low, bung-a-low, bung, bung-a-low-a-low."
4. The player who had their name called then calls on another player, saying "Hey [player's name]!" and repeating steps 1-4!

Family Talking Points:

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

1. Stretching is important for flexibility and preventing injuries. What kind of stretches do you know?
2. What are two different ways that you can stretch your legs?