

Smart Snacking – Physical Activities*

- Day 1. Have a couple of students volunteer to choreograph dance moves to a song they choose. Allow them to teach the rest of the students the next day, playing the song over a few times until the class learns all of the moves.
- Day 2. Dance Memory Game: Create a dance with your students. Have the students stand in a circle. Do a dance move (e.g., bend your knees). Have the students copy your move, with the student next to you adding another step (e.g., shaking the hips). All students copy all the moves, with the next student adding another dance move. In this way, the dance gets longer and longer as you go around the circle. Everyone should cheer when the last student puts it all together. Play music to make this game more fun.
- Day 3. Play this fun game from Sports4Kids, called “Rhythm Detective” with the students: Have the students stand in a circle. Choose one student to leave the room. Choose a student in the circle to start a rhythm with his/her hands, feet, or body. Ask the students in the circle to copy the rhythm. The leader of the rhythm can change it every few seconds, and the rest of the group should continue to copy that rhythm. The person who has been out of the room returns and tries to figure out who is leading the rhythm. He/she has three guesses. Once he/she guesses, or even if he/she is unable to guess correctly, the leader of the rhythm becomes the detective and leaves the room. The previous detective chooses the next rhythm leader.
- Day 4. Turn on the music and have the whole class dance to it. Throughout the song(s), stop the music and ask a student to name a healthy snack.
- Day 5. Play with the students another fun game based on one from Sports4Kids. It’s called “Carrots Crunch.” Play music during the game. Have students stand next to their desks. Randomly choose a leader. The leader will stand in front of the class and call out “Carrots Crunch.” The students should dance and make noise (e.g., snapping their fingers, clapping their hands, etc.). The leader will continue to call out smart snacks by saying, for example, “Pretzels Crunch” or “Granola Crunch.” As long as the leader calls out a smart snack that crunches, the students will continue to dance and make noise. If the leader says a smart snack that does not make a crunching sound when you chew it, the class should stop dancing and making noise. Students caught dancing and making noise must sit down. Choose a new leader after every four or five smart snacks are called. The round continues until four or five students are left standing.