



Chickens Bark

This game is modeled on Simon Says, and works well at home because it can be played with only one child and one adult. Try to pick active animals to act out, such as frogs hop, eagles flap their wings or horses gallop.

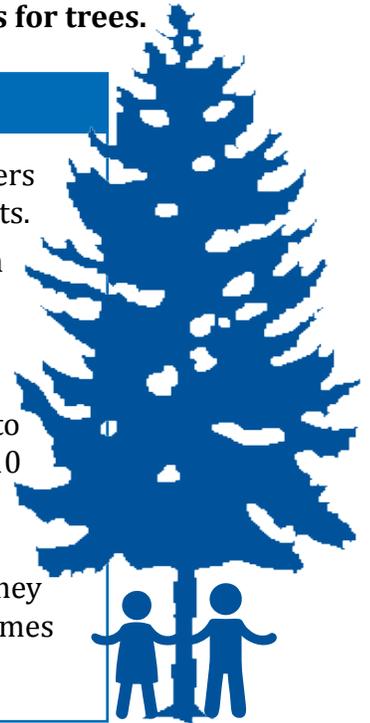
Let's play:

- Parent calls out an animal and an action such as cats meow and preschoolers will get on all fours and act like a cat meowing. Let them act it out for about 30 seconds, then call a new action.
- When the parent calls something the animal does not do, like 'turtles fly', if kids begin flapping their wings, then the parent tricked them.
- If preschoolers get tricked, they must perform a fitness task to their ability such as 10 big jumps, 10 one leg hops or 10 belly to the floor jump-ups.

Tree Huggers

This is a tag-based game, and can be played indoors or outdoors, with as little as two participants. If playing indoors, substitute chairs, windows or doors for trees.

- One parent or child will be designated as it. The rest of the players will spread out, and stand hugging a tree. The trees are safe spots.
- When the it player yells "tree huggers" all participants must run to a new tree. They can only be tagged when running from safe spot to safe spot
- If playing with two players, whoever 'wins' each round (if the tagger tags the runner or if the runner doesn't get tagged) gets to think of a fitness task for the other player to complete, such as 10 jumping jacks, 10 long distance hops or running in place for 30 seconds.
- If playing with more than two players, once a player is tagged, they must then help tag other players. The last player untagged becomes 'it' for the next round.



Adapted from www.csep.ca/CMFiles/Guidelines/CSEP-InfoSheets-adults-ENG.pdf and www.participation.com/get-informed/physical-activity-guidelines/guidelines-for-parents/guidelines-for-parents-children-5-11/