

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1

### Vegetable Showdown

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#### Game Description:

Silly acting game that makes a great warm up or icebreaker!

#### Objective:

Try to look the most like the vegetable!

#### Game Rules:

Spread children out in the playing area. The leader will yell a vegetable and the children must try to look the most like that vegetable by acting. For example, if the leader calls carrot the child could stand on their tip toes and put their hands above their head. The leader will pick the most realistic looking vegetable as the winner. The winner gets to pick the next vegetable.

#### Adaptations (optional):

If you have small group, you can divide the students into 2 teams and 2 children can verse each round.

#### AGE:

4 to 6 years  
7 to 9 years

#### TYPE OF ACTIVITY:

Co-operative / Team  
Building / Ice Breaker  
Warm up/Cool down

#### SPACE NEEDED:

Large Space (Gym,  
Multipurpose Room,  
Playroom)  
Medium Space (Classroom,  
Empty Room)  
Small Space (Hall,  
Furnished Room)  
Field / Park

#### HOW MANY LEADERS ARE NEEDED:

Only 1

#### HOW BIG OF A GROUP IS NEEDED:

Pair  
Small group (3-5 kids)  
Medium group (6 - 15 kids)  
Large group (16+ kids)

#### TYPES OF SKILLS PRACTICED:

Balance