



## **Peas**

Toss objects into a basket

## **Pears**

Scatter unmatched objects around the room, then have children collect the pairs and place them together (Pair Up)

## **Pineapple**

Children will pretend to have a pineapple in each hand, then pretend to push them over their head (Pineapple Press)

## **Bell Peppers**

Children will bend and squat pretending to pick peppers from a patch (Pick a Pepper)

## **Oranges**

Pretend to pick oranges from high up in the trees. Then, have the children stack them in the box and stack the boxes. (Orange Harvest)

## **Orange Juice**

Using empty orange juice bottles as bowling pins, roll a ball at them and see how many can be knocked down (OJ Bowling)

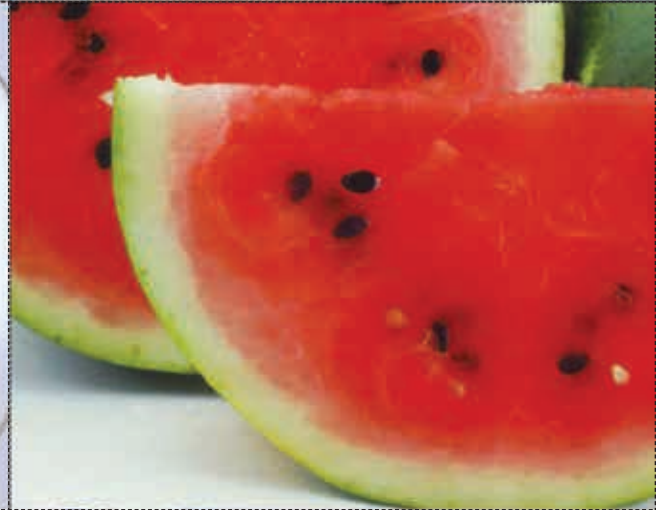
## **Peanut Butter**

Walk like your feet are stuck in peanut butter (Sticky Feet)

## **Peaches**

Find a large ball and allow the children to roll it around the room at each other (Giant Peach Roll)





# Tuna

Act like you are swimming in the great blue sea like your favorite fish (Tuna Time)

# Tortilla

Using a Frisbee or paper plate, toss it to a friend (Tortilla Toss)

# Watermelon

Carry the heavy watermelon crossed the room (Watermelon Carry)

# Lunch Meat

Have the kids move around the room like strutting turkeys (Turkey Strut)

# Rice

Children will first find a partner and grab hands or arms, then regroup to a group of three, then regroup to a group of 4, then to a group of 5, etc. (Sticky Rice)

# Squash

Use a small handled, large headed racquet to hit paper balls into the wall (Squash Swing)

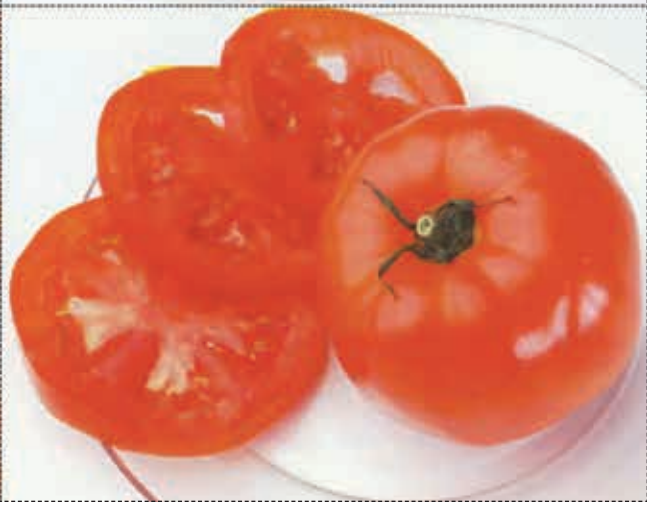
# Baked Potatoes

Pass an object quickly around in a circle, stop on cue, person with the potato does a movement of choice (Hot Potato)

# Pretzels

Bend and stretch into different poses (Pretzel Pose)





# Corn Cob

Have the children jump up and down around the room (Popping Corn)  
If you have access to a parachute and small balls, have the kids throw the ball on top of the parachute, then shake the parachute until all the balls fly off (Popcorn)

# Chicken Leg

Turn on the music and do the chicken dance (Chicken Dance)

# Crackers

Hop or jump in a square, like the corners of a crackers (Cracker Corners)

# Strawberries

Reach down to the ground like picking strawberries (Strawberry Stretch)

# Zucchini

Do squats around the room by bending the knees like you are sitting in a chair (Zucchini Squash Squats)

# Yogurt

Do a relay races having the children place different objects into the “yogurt” (Parfait Relay) or have the children to make a smoothie by shaking, turning, twisting and jumping their bodies, thereby blending the (Yogurt Smoothie)

# Tomatoes

Using rolled socks, loofas, or paper balls, pretend they are tomatoes and throw them at the wall (Tomato Throw)

# Sweet Potato

Have children stop, jump, and twist as if they were mashing potatoes (Sweet Potato Mash Hash)





# Cabbage

Do a relay where the children put on clothing layers then take them off  
(Cabbage Peel)

# Carrots

Start laying on the ground, then crouch, then slowly grow and stretch long and tall like a carrot coming through the ground (Growing Carrots)

# Cheese

Sitting on the floor with your legs in a "V", lean forward as far as you can  
(Cheese Wedge Stretch)

# Cheerios

Do arm circles pretending to keep rings around your arm (Arm O's)

# Broccoli

Separate your feet to more than shoulder widths apart and arms up wide above head, then bend over and try to touch the ground  
(Broccoli Bends)

# Bread

"Bread Boxing"

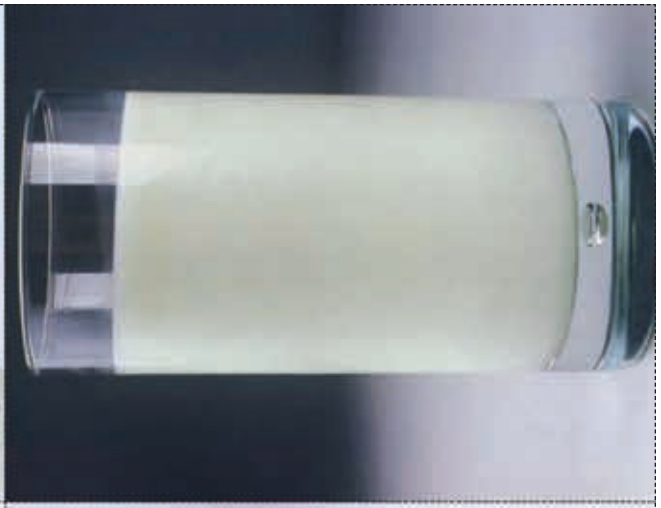
# Cantaloupe

Pretend you are holding cantaloupes in each hand and slowly bring your hand toward the upper part of the arm  
(Cantaloupe Curls)

# Burger

Do patty cake with a friend  
(Patty Cake)





# Milk

Fill empty milk containers, carry, then dump the milk ca and have the children lift them – bend and lift, arm raises, above the head (Strong Milk Bones)

# Mushrooms

Jump from mushroom to mushroom stomping on the mushroom and making a big boom on landing (Boom the Room)

# Beans

Separate your feet to more than shoulder widths apart and lean at the waist to the left and try to touch your left toes. Then do the same for the right (Bean Lean)

# Macaroni

Have the children move around the room to find different types of “macaroni” and return it to the “pot/bowl” using different locomotor skills. Jump ropes could be spaghetti, balls could be Acini di Pepe, etc. (or could do some type of spaghetti dance or activity using jump ropes – like Use the Call it Macaroni Song to dance and move around the room on your pony (Macaroni Soup or Macaroni Salad)

# Bagels

Roll a tire, wheel, or hula hoop as far you can (Bagel Roll)

# Apples

Create an apple tree on the floor using tape. Then place apple objects on the ends of the tape pieces to represent apples. Have the children follow the “branches” using different locomotor movement to pick the apples. (Apple Picking)

# Green Beans

Laying on the ground, put your arms down by your side, and roll (Beanpole Roll)

# Bananas

Act like Swing the Monkey, and swing through the banana trees for bunches of bananas (Swing)





# Eggs

Lay down, bring you knees to your chest, grab your knees, and roll around like an egg (Egg Roll)

# Cucumbers

Laying on the ground, put your arms above your head, and roll (Cucumber Rolls)

# Kiwi

Toss and catch a light object with friends (Kiwi Catch)

# Graham Crackers

Create rectangle shapes with tape on the floor and have the children crawl on the rectangle tape lines (Graham Cracker Crawl)