



# THE APPLE SAYS

## What to do

Play this game like “Simon Says.” With small children, have them all participate. Explain to only do the exercise if “The Apple Says” to do it. If you don’t you must sit down. Tell kids that they will have to pretend to do some of the exercises. Encourage them to be active when doing an exercise – for example run in place, skip, hop. It is OK if you cannot get any of the children out. Just compliment them, saying they are a really hard group to trick! In fact, you may want to keep kids in as long as possible as a self-esteem builder. They will listen harder while they are still in.

## Practice

The Apple Says run in place (kids run in place.) Hop on one foot. (Anyone doing this would have to sit down because it wasn’t preceded by “The Apple Says.”)

## Playing the Game

1. The Apple Says jump up and down
2. The Apple Says eat an apple for a snack
3. The Apple says play basketball
4. Run in place
5. The Apple Says drink some grapefruit juice
6. Hop from one foot to the other
7. The Apple Says drink some orange juice
8. The Apple Says swim
9. The Apple Says play tennis
10. The Apple Says eat fruit at breakfast to get a good start
11. Ride a bike
12. Roller-skate
13. The Apple Says dance
14. The Apple Says eat a banana
15. Do a jumping jack



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## Purpose:

To encourage kids to be physically active using fruit as a theme.

## Supplies:

None

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16. The Apple Says walk
17. Jog
18. The Apple Says have some grapes for a snack
19. Turn around
20. The Apple Says jump rope
21. Touch your knees
22. The Apple Says turn around
23. The Apple Says march
24. Peel an orange
25. The Apple Says clap your hands behind your back
26. Wiggle your ears
27. The Apple Says tap your shoulders
28. The Apple Says slice apples
29. Make fruit salad
30. The Apple Says hoe the garden
31. Wash the pears
32. The Apples Says pick some berries
33. The Apple Says wipe the table
34. Read a book
35. The Apple Says write a letter
36. The Apple Says shake your neighbor's hand
37. Eat an apple
38. Wash your hands
39. The Apple Says brush your teeth
40. The Apple Says eat blueberry pancakes
41. The Apple Says use dental floss
42. Peel a banana
43. Shake all over
44. The Apple Says hop all around
45. The Apple says do 5 jumping jacks
46. Touch your elbows
47. The Apple Says touch the top of your head
48. Touch your toes
49. The Apple Says touch your ears
50. The Apple Says rest and relax