

# Color Me Healthy

Two or more players. Age range: 5-10

**Items needed:** paper and a pencil (or pen)

## Before You Start:

1. Cut a piece of paper into 7 pieces
2. Write one color (red, orange, yellow, green, blue, purple, and white) on one side and one exercise (jumping jacks, hop, skip, trot, and dance) on the other side of each card.

## To Play:

1. Player 1 picks a card and begins to walk in place. He or she then reveals the color written on the card.
2. In 60 seconds, while continuing to walk in place, he or she names all fruits and vegetables that are the color written on the card. For example, if the color is red, Player 1 names apples.
3. Player 2 records the answers.
4. Player 2 then gets a chance to name at least two additional fruits or vegetables of the same color that Player 1 has not already named.
5. If Player 2 is able to name two additional fruits or vegetables than Player 1 does, Player 1 must do the exercise written on the back of the card for 30 seconds. If not, then Player 2 will do the exercise for 30 seconds.
6. Players receive one point for each fruit or vegetable they are able to name. The player with the most points once all of the cards are finished is the winner.



## Game Variation:

- Write a number on each card (4 to 9) with an exercise. The game will be the same, but you have to name fruits or vegetables that have that specified number of letters in their name (ex: 6-banana, orange, carrot).



*NOTE: If you live in an apartment and have people living below you, please be courteous to them when playing the game.*