

Haciendo Ejercicios

(Working out)



Getting ready

Materials:

scissors

a plastic bottle (water, chocolate milk)

Instructions to make the game:

- Photocopy each of the cards once on card stock.
- Laminate them to make them more durable.

To Play:

1. Tell your child that the objective of the game is do what a card says using different parts of their body.
2. Place all the cards in a pile next to you.
3. Ask your child to spin the bottle. The person closest to the mouth of the bottle will have to have a workout.
4. Turn the first card over and read what the card says in Spanish. If your child doesn't get it, do it with your body and repeat it in Spanish. Ask your child to repeat the body part.
5. After the work out that it's that person's turn to spin the bottle.

Tips:

- Sometimes the same person can get pointed by the bottle too many times, make sure you spin it again to give (s)he a rest!