

# TOBE FIT'S ACTIVITY BITS!



**FOODPLAY**  
productions  
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## BE A TIGHTROPE WALKER

Pretend you're walking on a tightrope. Use your arms to help you balance. Tightrope walkers often hold on to a stick or umbrella for balance, try to do that with either a real or pretend object.



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## SHAKE IT OUT

Stand up.

Swing your arms from side to side across your body.

Keep breathing.

Shake out your right arm.

Shake out your left arm.

Shake out your right leg.

Shake out your left leg.

Then, shake your whole body!



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## SPEAK OUT

Can you speak up and project your voice?

To be a good public speaker, people need to hear you! So, here's an exercise to help you project your voice to where you want to be heard. Pick a spot next to you. Pick another in the middle distance, like halfway across the room. Then, find a third spot across the room.

Try to send your voice to each of these points without raising your volume. Set your desire or intention and focus to place your voice where you want it to go. It helps a lot if you practice breathing deeply from your diaphragm, the place under your belly button!

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## BE A MIME

Play catch with yourself or with a friend - with an imaginary ball. Toss it in the air and catch it, following the movement with your eyes and show the impact it has on your body. You have to "see" and "feel" the ball so that you make it believable to your audience. Try different balls - a light ping pong ball, a tennis ball, a baseball, a basketball, a heavy bowling ball. How does your expression and body language change?

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## CREATE A PANTOMIME

Pantomime or being a mime is fun to try. You have to believe in what you are imagining, using your body. So, pretend you are:

- Trapped in a box and trying to get out.
- Doing your morning routine - get up, get dressed, brush your teeth, and you're late!
- An astronaut in outer space, walking or dancing or running with no gravity.

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## DANCE IT OUT

Put on some music you like, and get up and dance!

- Create a few moves to call them your own.
- If you're with other people, have everyone do your moves, and then add a move of their own.



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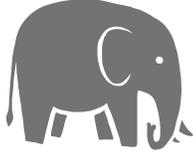
## BE A RAG DOLL

- Bend and hang over at the waist. Have your feet apart, bend your knees, hang your head, and let your arms flop forward.
- Slowly start to come up from the base of your spine, one vertebra at a time.
- Slowly move your shoulders and then your head up.

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## GO ON A SAFARI

Imagine you're on an African Safari. What do you see? Become each animal and explore how they would walk - an elephant, a giraffe, a lion, a chimpanzee, etc. If you have other people around, see if they can guess what you are.



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## FREEZE DANCE

Pick a favorite song to play. Pick a word. And start the music. Every time the chosen word comes on, you have to stop and freeze. Then start up again and continue throughout the song.



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## USE YOUR BODY TO EXPLORE SPACE

Explore a space in different ways. Think about what it feels like and how your body would move through different situations. Like - what if you were moving through chocolate pudding. Or through the clouds? Here are some different spaces you could try walking through:

- clouds - honey - snow - a river
- outer space - a very windy day
- mud - fire - chocolate pudding

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## BE A WEIGHT LIFTER

Ask your parents if you can use two cans of food for your activity. Hold a can in each hand, and try lifting it in different ways. Just, be careful!



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## SPOON RACE

Put an orange or potato or hard boiled egg on a tablespoon, and see how far you can walk without dropping it.



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## BALANCING ACT

Practice balancing something on your finger or hand.

Did you know that heavier objects are often easier to balance than light objects?

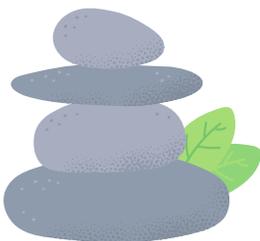
The trick is to look at the top of the object when you're balancing it.



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## CREATE A ROCK SCULPTURE

If you can go outside and find some rocks, see if you can make a sculpture by putting rocks on top of each other so that they won't fall.



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## PERFECT YOUR PERFORMANCE SKILLS

Use your whole body and try to act out these scenes, and make sure you believe in what you are doing, so that the audience can believe it too!

- a cat trying to catch a mouse
- a mouse trying to escape a cat
- the world's greatest boxer
- a pizza maker
- a super hero saving the day
- travelling through a rain forest

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## LEARN HOW TO JUGGLE!

ToBe Fit teaches you how to juggle using 3 plastic grocery bags. Go to:

<https://foodplay.com/foodplay-video-clips/>

Scroll down and click on the video named:

**"FOODPLAY Presents: Learn How to Juggle!"**



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## VEGGIE JACKS!

Do jumping jacks but try to spell out as many veggies as you can! For example do one jumping jack for each letter of the name of the vegetable. For example, spell out "C-A-R-R-O-T" as you do 6 jumping jacks. See how many vegetables you can "Veggie Jack" to!



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## CATEGORIES GAME!

Name a category (such as Colors, Fruits, Vegetables, States in the US, etc) and try to name as many things in that category as you can. For example, if "Vegetables" is the category, name vegetables such as lettuce, cucumbers, broccoli, etc. Every time you name one, take one step or one hop across the room. See how many things you can name to get to the other side of the room!

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## I CAN DO THIS!

Practice the "I Can Do This!" physical activity from our ToBe Fit, The Juggling Nutrition Magician Show! Stand up, feet apart, put your hands together in front of you like you're praying, take a deep breath and raise your hands over head, say "I can do this!", and breathe out as you lower your arms.

Do this a few times especially before you have to do something that's hard or stresses you out. Remember to feed your mind healthy messages as you feed your body healthy foods!

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## READ IT BEFORE YOU EAT IT!

Find a snack food in your kitchen and try to read the "Ingredient Label" on the side of the package. See how many different names for "SUGAR" you can identify. Here are some you may find: "sugar, corn syrup, high fructose corn syrup, dextrose, fructose, glucose, sucrose, and maltose".



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## WASTE-BASKET-BALL!

Find a waste basket or other type of basket, and see how many things you can throw and "make a basket". Make sure to ask your parents what you can use first!



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## RED LIGHT – GREEN LIGHT!

If you have others to play with – start with everyone at one side of the room. Each player takes a turn and names a food. If the food is a GO Food – such as a healthy food like fruits and veggies, the player whose turn it is, can take one step forward. If the food is a WHOA Food, such as a processed packaged product rich in sugar, fat, and chemicals, the player takes one step back. The object of the game is to get to the other side of the room first.

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## PLAY SIMON SAYS

If you're with other kids. Remember, the leader has to say "Simon Says" before kids can make a move. If you don't, they have to go back to the starting place. Here are some movements kids can make:

- jump like a frog
- touch the sky
- throw imaginary snow balls
- do a silly dance
- touch your toes
- add your own moves

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## MAKE A FACE:

Start with your face in a neutral position, without any expression. Place your hands above your head. Look straight ahead. Then, move your hands in front of your face to hide your face, without touching it. Put on a happy face.

Freeze it. Lower your hands below your chin. Show your happy face. Then, cover your face again, and try to do the same with these different expressions:

- sad - surprised - afraid
- bored - angry - excited



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## BE A MIME: MAKE UP A BOX OUT OF THIN AIR

Imagine there's a box hanging in front of you.

- reach out, and feel one side of the box
- feel the other side
- feel the bottom
- try to pick it up
- how high and how wide is this box?
- how heavy is it?

If it's super heavy, you might have to bend your knees and slip your fingers under the box to be able to lift it using your body! See how different it is to pick up a box that is lighter, then try to pick up a box that is heavier.

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## TONGUE TWIST

Practice your speaking voice and enunciation - that means - practice limbering up your mouth and the sounds you produce by saying some tongue-twisters. Practicing your enunciation will help you be better understood when speaking in public.

Read out loud this tongue twister slowly first, so you can get your tongue around every sound. Then try it faster. See how many times you can say it fast without fumbling:

Peter Piper picked a peck of pickled peppers.  
Did Peter Piper pick a peck of pickled peppers?  
If Peter Piper picked a peck of pickled peppers,  
Where's the peck of pickled peppers Peter Piper  
picked?

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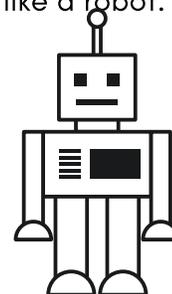
## POOF - YOU'RE A ROBOT

Transform yourself into a robot!

Now that you are a mechanical being, all your joints are hinged. First stand tall in a rigid robot pose with arms bent at elbows.

Then activate yourself. Your head snaps up, then to the right, then to the left. Your right shoulder snaps up, then your left. Your right arm snaps up, then your left snaps down. Move your legs like a robot.

What does your robot do? Does your robot dance? Make pizza? Follow a Leader? If others are nearby, see if they can guess what your robot is doing!



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## MAKE A HAND PUPPET WITH A SOCK

Put your hand through the inside of the sock. Have your four fingers in the toe and your thumb in the heel. That will be the mouth of the puppet. Ask your parents if you can draw two eyes on the sock with a marker, if not, just pretend.

Then, create it into a character and tell a story. Or, talk to it as if it's your old friend, or a new character you've just met, or create a new story to share! Or pretend it's a really good listener, and have it ask you questions that you get to answer such as - What'd you do today? What's your favorite superhero? Who are you mad at? What do you want to be when you grow up?

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## MIRROR MIRROR ON THE WALL

Explore how many faces and expressions you can make! Actors have to use their face to show how they're feeling in different situations. Your face can act like a kind of mask - displaying different feelings and emotions. First loosen your face muscles with some stretches and yawns. Then stand in front of a mirror, and see if you can feel this emotion and show it on your face. Or, if you're with others, see if they can tell you how you're feeling!

1. calm and peaceful
2. a little happy
3. super happy
4. a little sad
5. very sad
6. angry
7. confused
8. in pain
9. bored
10. excited
11. pensive  
(in deep thought)



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