Getting Strong with Grain Boy and Grain Girl

**Preparation:**
1. Download and cut out activity cards.
2. Put activity cards in a bag or box.

**Equipment:** None

**Space:** Classroom or gym

**Directions:**
1. Have students stand next to their desks or in an open space so they do not bump into each other.
2. Explain that Grain Boy and Grain Girl are going to lead them in some fitness activities.
3. Have students take turns picking activity cards from the bag or box.
4. Read the card or have the student read the card.
5. Lead the class in the activity.
6. Choose as many activities as you wish.
7. Vary the length of time of the activities according to your classroom.

**Variations:** Have students make up their own rhymes and activities.
Grain Girl has a happy face when she sees you run in place!

Run in place.

Grain Boy knows you like to play. Have you done your jog today?

Jog in place.

Grain Girl says, “Today I hope that I will see you jumping rope!”

Pretend to jump rope.

Grain Boy says, “One great way to be fit and trim is to go for a nice long swim!”

Pretend to swim using your arms.
Grain Girl likes to eat whole grain snacks and to see you doing jumping jacks!

Do jumping jacks.

Grain Boy says, “Here’s the call. Do arm circles both big and small!”

Do large arm circles and small arm circles.

Grain Girl wants you all to try to stretch your hands up to the sky.

Stretch and reach your arms.

Grain Boy says, “Pretend to float on a lake and row a boat!”

Pretend to row a boat.
Grain Girl says, “Now follow me and start to march now, one, two, three!”

March in place.

Grain Boy says to have fun trying to act like a bird and pretend you’re flying.

Move your arms up and down as if you are flying.

Grain Girl wants to see you reach high and low!

Reach your arms up high, then bend down to touch your toes.

Grain Boy says, “Let me see you spin around like the merry-go-round on the playground.”

Spin around two times.