

## Farming Frenzy

Teach your preschooler about the steps of growing fruits and vegetables while getting physical activity by playing Farming Frenzy! You'll simply act out what a farmer



does. Exaggerate the motions to get the best physical benefit. Here are a few motions you can try together:

- **Walking to the Field:** March in place.
- **Digging:** Pretend to hold a shovel to dig soil out of the ground and toss it over your shoulder.
- **Sowing:** Squat down and pretend to place seeds in the ground, then cover them up with soil.
- **Watering:** Pretend to fill a watering can with water and water the seeds.
- **Harvesting:** Pretend to harvest different fruits and vegetables, such as carrots from the ground and watermelons from a vine.