

Simon Says

Play a game of “Simon Says” with your preschooler using fruit and vegetable actions! For example, you can pick fruit off a vine, harvest a carrot from the ground, wash an apple, eat a strawberry, or chop a cucumber. Whatever action you call out, make sure your child really exaggerates the action to get the most physical benefit. Remember, players should only do the action if “Simon Says!” Take turns so each player gets a turn to be “Simon.”

