

Protein Power Moves

Have everyone in your family line up in a single line or form a circle. You will need to call out each action (see list below) and keep time. Tell the children to follow the leader doing each action for one minute.



Actions

- Flap and cluck like a chicken.
- Walk and stomp like a cow.
- Run and squeal like a pig.
- Grow from small to tall like a string bean.
- Swim real fast like a fish.