

Vegetable Charades:

Have the children act out various vegetables and gardening activities

Vegetable:	Physical Activity:
Water the plants	Walk around and water
Shovel the dirt	Shovel
Pick the veggies	Pretend to pick and walk around with pot
Corn	Jump/ pop like pop corn
Carrots	Pick from the ground
Squash	Stomp/ squash the squash
Pumpkin	Carve the pumpkins
Peppers	Chop with hands
Peas	Find a partner or two (peas in a pod)
Cucumber	Kneel and stand back up to pick
Asparagus	Start squatting and grow tall
Celery	Crack hands/ crack the celery
Avocado	Step on tiptoes and pick from a tree
Onion	Peel the onions layers
Potato	Lay on the ground like a potato growing under ground
Cabbage	Roll on ground
Mushroom	Squat and walk around
Plant veggies	Walk around and place "seeds"

Ask kids their favorite movement.