**What Are You Doing?**

**Physical Activity Awareness**

**Objective:**
Learn about the variety of activities that are part of a physically active lifestyle.

**Age:**
8 years and older.

**Length:**
Approximately 10 minutes.

**Supplies and Materials:**
1. Activity slips, attached. Cut apart. Add any additional ideas if you would like.
2. Box, bag or hat to hold the slips of paper.

**Special Considerations:**
*Reading Difficulties:* For young participants or those with difficulty reading, have all participants work in pairs so that two are acting and two are guessing in each round. Pair up younger or less skilled readers with someone who is older or has higher reading abilities.

**Activity Directions:**
1. Ask participants what the words “physical activity” mean to them. Some may respond that it means exercise. If so, briefly discuss the difference between exercise (activity which usually follows a routine) and physical activity (includes all kinds of activity like exercise as well as things we do daily like riding a bike, playing on a swing, mowing the lawn, chopping wood, walking the stairs, playing volleyball with friends, and walking the dog).

2. Share that we enjoy many different types of physical activity. While one person loves to run, another spends hours gardening. Activities that get the body moving can help improve health. The key is to find what you like and enjoy physical activity every day!

3. Instruct the group that this is an interactive game where the activities are made up, and what matters is moving the body! This game will demonstrate different kinds of physical activity.
4. Divide into pairs. Have one player run to the box or hat and grab a slip. Then run back to his/her partner and silently act out the activity on the slip. Once the partner guesses correctly, switch roles. Continue for several turns. For the last turn, let each partner make up an activity to act out.

**Variation:** Divide into groups of four.

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**Take Home Tidbit**

Take home slip says the following:

“At the WIN Kids Fun Day, we acted out activities for others to guess. Ask me to do one that I liked.”

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