

**EAT SMART,
EXERCISE,
HAVE FUN**



The Big Wind Blows

Kids will get moving while getting to know each other better.



PERFECT FOR...

- Ages: 7–14
- Size of Group: 10+
- Time: 15+ minutes
- Setting: Outdoors, indoors

MATERIALS

Chairs (optional)

SETUP

None

See “Make It Your Own” below for different ages, group sizes, and time available.

STEP-BY-STEP DIRECTIONS

- 1. SAY:** We know how important it is to play hard and eat smart during the summer. Today, we’re going to get to know each other better while staying active.
- 2. DO:** Arrange students into a circle with one fewer spot or chair than the people playing the game. Make sure the circle is spread out enough for kids to run through the middle.
- 3. PLAY:** One person will stand in the middle and say “The Big Wind Blows for . . .” and finish the sentence by saying a favorite healthy food or a favorite way to stay physically active. For example, “The Big Wind Blows for anyone who loves blackberries.” If the statement is also true for others, those people must get out of their seats and rush to find new ones across the circle. The last person standing who cannot find a seat must come up with a new “Big Wind Blows” statement to continue the game.
- 4. WRAP UP:** “Did anyone find a seat every time? Great! How many new things did you learn about each other? Remember to eat smart, exercise, and have fun!”

OPTIONAL FOLLOWUP:

Bring in some of the favorite fruits and veggies that were called out for kids to try.



We had fun making friends while eating smart and playing hard at [\(insert name of location\)](#) today! We learned a lot of kids really love blackberries! We’ll be sure to have some for tasting on [\(insert day\)](#).



Make It Your Own

AGES

For younger kids, offer more suggestions for statements if kids get stumped.

For older kids, challenge them to come up with statements that are only about food and exercise.

GROUP SIZE

For smaller groups, students can share more about why their statement is true.

For bigger groups, divide into 2 circles.

TIME AVAILABLE

If you have more time, play longer!

If you have less time, limit the number of rounds played.

No materials? No time? No problem!

While you’re serving food, have kids call out their favorite fruits, vegetables, or summer activities.