

Nutrition for Outside School Hours Care • another NAQ Nutrition program

'Simon Says' involves one leader and the players. The game involves the leader giving actions for the players to perform but the player must only perform the action if it follows the saying 'Simon Says'. If an action is completed by a player and the words 'Simon Says' were not spoken before the action, then that player is out. If the words 'Simon Says' are spoken by the leader before an action and the action is not completed then the player who did not complete the action is out. The winner of the game is the last player left!

For example: If the leader says "Simon says touch your toes," any player that does **not** touch their toes is eliminated. If the leader says "touch your toes," any player that **does** touch their toes is eliminated. The leader can make it hard for players by giving quick instruction such as "Simon says touch your toes," quickly followed by "touch your hair." In this scenario any player who touches their hair would be eliminated, as well as any player who did **not** touch their toes.

Indoor/Outdoor

- Great game to play both indoors and outdoors
- The larger the space you have to play the more actions you can use!

Healthy Food Related Actions

Simon Says:

- Twist like spaghetti (children to twirl around)
- Bend like a banana (children bend over)
- Be long like a cucumber (children stretch upwards)
- Be small like a piece of rice (children crouch down)
- Be round like a pumpkin (kids curl into balls)
- Grow like broccoli (children pretend they are a tree and sprout upwards)
- Roll like potato (children roll sideways on the ground)



Mixing things up!

Getting tired of the game? Here are some great tips on how to modify the game for more fun:

- Get the children to take turns being the leader – if they can get everyone out they win!
- Have the children that get eliminated to help judge to make sure no one gets away with missing actions!
- If you have enough space get children moving around more – e.g. "Simon says run to the closest tree and back"