

Stories in Motion

In-Class Activity Breaks

Continue each bulleted activity or set of activities for 15-30 seconds.

Supermarket Shopping

- We need some groceries, so let's walk to the supermarket. Don't forget to bring a list of what we need. At the store jump up and down and make the door open. Grip the handle bar of a cart and let's get shopping.
- First we are in the produce department. This is where the fresh fruits and vegetable are found. Reach up high to grab that bag of carrots. Now reach down low for a bag of potatoes. We can have one every day next week! Use your muscles to lift a watermelon and place it into the cart.
- Let's keep walking toward the bakery. It smells like fresh bread! I see some whole grain rolls on the top shelf. Stretch up to get a bag.
- Next is the meat counter. There are a lot of healthy protein choices including chicken, fish and lean beef. Protein helps our muscles grow strong. Flex your arm muscles.
- Keep walking. It is getting cooler; we must be getting near the dairy case. Grab a jug of skim milk and some low-fat yogurt to put it in the cart.
- Now, steer the cart carefully up and down the aisles. We need to get a few more things. Reach down to grab a bag of brown rice, and a box of oatmeal off the bottom shelf. Put them in the cart.
- Let's look for some beans. There they are! Let's get some black beans and green beans. Pick up two cans and turn them around to look at the labels. Look for one with lower-sodium.
- Let's head to the freezer section last. Zip up your jacket, it is going to get cold. Reach way back into the freezer to grab a bag of frozen fruit and vegetables.
- It's time to check out! Unload the cart and place the items on the counter. After paying the cashier it is time to walk home and enjoy our healthy choices!