Monkey Says

AGE/GRADE LEVEL: Youth, Grades K-3

FORMATION: Standing at desks

EQUIPMENT: None

RULES/DIRECTIONS:
1. Teacher leads the Energizer, instructing students to do the activity only if “monkey says” (like Simon says). Students who act out an activity without “monkey says” march in place until another “monkey says” activity is called.

2. Continue each activity for 15-30 seconds. Suggested activities:

- *Monkey says* eat a banana for a snack.
- *Monkey says* snap your fingers.
- *Monkey says* act like a monkey.
- Drink some grapefruit juice.
- *Monkey says* march in place.
- *Monkey says* jump up.
- Ride a bike.
- Roller skate.
- *Monkey says* peel a banana.
- *Monkey says* do jumping jacks.
- Turn around.
- Fly a kite.
- *Monkey says* spin left, then right.
- *Monkey says* march.
- Wiggle your toes.
- *Monkey says* touch your knees.
- *Monkey says* jump rope.
- Make a salad.
- *Monkey says* wipe the table.
- *Monkey says* eat a vegetable pizza.
- *Monkey says* jump up and down.
- *Monkey says* pull carrots in the garden.
- *Monkey says* snap green beans.
- *Monkey says* hoe in the garden.
- *Monkey says* pick some raspberries.
- Eat an apple.
- Shake your body.
- *Monkey says* stretch and pick bananas.
- *Monkey says* brush your teeth.
- *Monkey says* shoot 7 baskets.
- *Monkey says* hop left, then right.
- *Monkey says* swim.
- *Monkey says* dance.
- Walk.
- Jog in place.
- *Monkey says* stir some vegetable soup.
- *Monkey says* bend and touch your toes.
- Wash the pears.
- *Monkey says* walk on your tip toes.
- Wash your hands.
- *Monkey says* go bananas.
- *Monkey says* rest and relax.

VARIATION: Rewrite commands to incorporate food from the other food groups.

NUTRITION NOTE: Use with fruits and vegetables lesson.

“Energizers for Nutrition Education” was developed by Health and Nutrition staff from the University of Minnesota Extension in July 2011. It was adapted with permission from the “Energizers Classroom-based Physical Activities” program developed by East Carolina University’s Activity Promotion Laboratory, North Carolina Department of Public Instruction, North Carolina Healthy Schools, and Be Active North Carolina. University of Minnesota Extension is an equal opportunity educator and employer. In accordance with the Americans with Disabilities Act, this resource is available in alternative formats upon request. Direct requests to 1-888-241-4591. For more information on Health and Nutrition, visit [www.extension.umn.edu/family/health-and-nutrition/](http://www.extension.umn.edu/family/health-and-nutrition/).