Stop and Scribble

**AGE/GRADE LEVEL:** Youth, Grades 2-5

**FORMATION:** Standing at desks with partners, or individually

**EQUIPMENT:** Piece of paper and pencil or pen for each pair or student

**RULES/DIRECTIONS:**
1. Teacher gives each student paper and a pencil or pen.
2. Teacher calls out physical activity; suggestions:
   - Jumping
   - Twisting
   - Jogging
   - Jumping jacks
   - Hopping
   - Knee lifts
   - Playing air guitar
   - Marching
3. Students begin activity and continue for about 30 seconds until teacher calls out a food group from MyPlate (grain, vegetable, fruit, dairy, protein).
4. Students freeze and partners (or individuals) write down a food that fits into that food group.
5. After 5-10 seconds, teacher calls out a new physical activity.
6. Repeat for at least 5 minutes or until all food groups are covered.
7. As students cool down, teacher writes the food groups on the board and asks students to share the foods they wrote down for each of the groups.

**VARIATION:** Can be done outdoors using sidewalk chalk.

Use music to signal physical activity and silence for writing down foods.

**NUTRITION NOTE:** Introduce food groups and MyPlate and use the activity to reinforce food groups.

“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.