Stop, Drop, and Roll

AGE/GRADE LEVEL: Youth, Grades 3-6; Teens; Adults and Older Adults

FORMATION: Standing in a circle or in pairs

EQUIPMENT: 1 ball for each student or every 2 students

RULES/DIRECTIONS:
1. Teacher reminds the participants that the words “stop, drop, and roll” are often used to teach fire safety. Remind them of the relevance of those words and then explain that today we’ll use those words in a different way.

2. Teacher lists physical activities that represent aspects of the nutrition lesson; for example:
   - Marching – Whole grains
   - Walking – Green vegetables
   - Jogging – Dairy
   - Sliding – Red fruits
   - Jumping – Popcorn
   - Touch toes – Beans
   - Reaching – Lean meat

3. Teacher calls out one of the listed physical activities; participants move around in the circle performing that activity for 30-45 seconds.

4. Teacher calls “stop;” participants stop and freeze in place.

5. Teacher calls “drop;” participants bounce their ball and catch it.

6. Teacher calls “roll;” participants roll the ball across the circle to another student or pair.

7. Repeat for at least 5 minutes of movement.

VARIATION: “Stop, drop, and pass” the ball if there is no space for rolling.