Whoa & Go Yarn Race

Pre-K Standards:
Physical Development: 1.PK.1, 2.PK.2, 3.PK.1, 4.PK.1
Social/Economics: Ec10.PK.1 Emotional: 5.PK.1b
Creative Expression: 3.PK.3

Materials:
- Piece of yarn 1 Yard long
- Piece of yarn 4 yards long

Instructions:
1. Cut one piece of yarn about 4 yards. Cut another piece 1 yard
2. Have one kid eat a healthy, **GO Snack** and the other kid an unhealthy, **WOAH Snack**.
3. Have the kid who ate the **WOAH Snack** take the 1-yard piece of yarn and walk out with it. (have someone hold the other end of the yarn)
4. Explain that he/she was able to go this far on the energy they got from the unhealthy **WOAH Snack**.
5. Have the kid who ate the **GO Snack** take the 4-yard piece of yarn and walk out with it next to the kid with the 1-yard yarn. (Again, have someone hold the other end of that piece of yarn too.)
6. Explain that he/she was able to go a lot farther on the energy they got from the healthy **GO Snack**.

Skills:
- Light cardio

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