



**On your Mark, Get Set,
Let's Move!**

Doin' the Guacamole Exercise



Dino's Garden Exercises Keeping Fit in the Garden

INSTRUCTIONS:

- * Queue up your music and tell the children we'll be making GUACAMOLE! Teacher will call out the ingredients and lead the children in the steps.
- * To mash the avocado, have them STOMP their feet.
- * Squeeze in the lime juice by making SQUEEZING motions with arms outstretched while WIGGLING the hips.
- * KARATE CHOP the tomatoes and cilantro.
- * THROW the chopped veggies into the big bowl!
- * Keeping both hands together, STIR the guacamole with large stirring movements of the arms and swaying hips. Dip and eat.

Fruit and Veggie Talk:

Guacamole is a great dip – name some vegetables that make a good snack for dipping into the guacamole.