



# Spinning the Spinach Exercise



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



**Dino's Garden Exercises** Keeping Fit in the Garden

## **INSTRUCTIONS:**

- \* Children stand apart with plenty of space between them.
- \* First have the children pretend to drop lots of wet spinach leaves into the salad spinner with large swings of their arms.
- \* The children then spin around like salad spinners until their "spinach" is dry!

### **Fruit and Veggie Talk:**

When you are making a salad, what other vegetables can you use a salad spinner to dry?