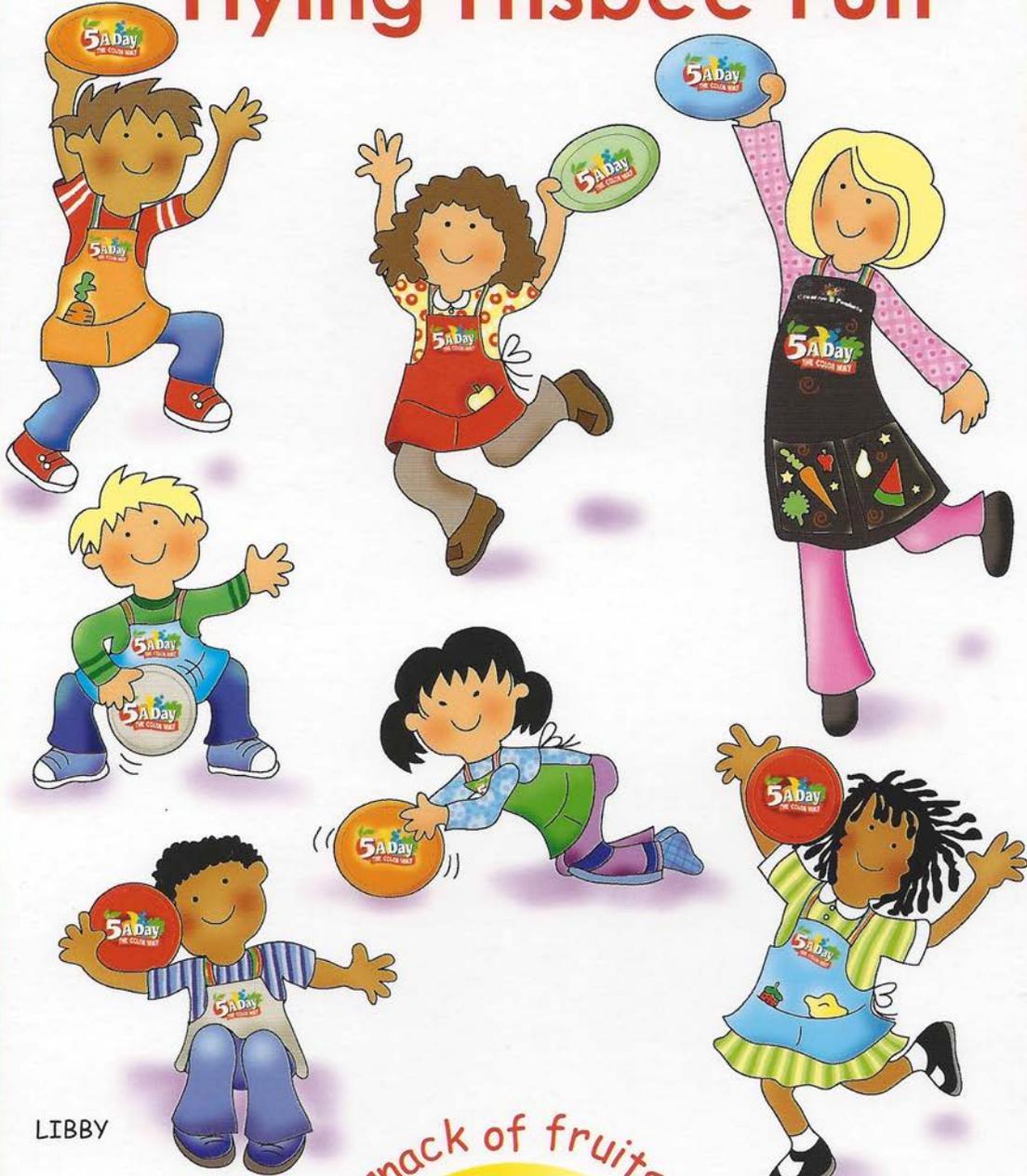


Flying Frisbee Fun



LIBBY

Catch a yummy snack of fruits and vegetables!





Flying Frisbee Fun

Objective: To teach children the many ways fruits and vegetables grow: on trees, vines, bushes and in the ground.

Activity # 1 - Follow the Frisbee...ages 2 - 4 🍎 Language/Dramatics; Cognitive (Thinking/Logic)



Materials needed: 5- Color Way Frisbee Flyers

The teacher is the Frisbee leader, and recites the following action rhyme. The children hold their Frisbee repeat and follow you.

(Wave the Frisbee high up in the air)

There are fruits high in the trees; Lemons, apples and oranges I see.

(Pass the Frisbee back and forth under your knees)

There are veggies from under the ground; Carrots, turnips and radishes are found.

(Roll the Frisbee from arm-to-arm)

And there are some fruits straight from the vine; Like grapes and squash -They are all so fine!

Activity # 2 - Follow the Frisbee...ages 4 - 7 🍎 Gross Motor/Movement



Same as Activity #1 above, but after reciting the part of the rhyme, the teacher tosses the Frisbee to a child. If the child catches it up high, then the child names a fruit grown on a tree. If the Frisbee is caught above the waist, the child names a fruit or vegetable grown on a vine. If the Frisbee is caught below the waist, the child names a fruit or vegetable that is grown in the ground.



Home Idea 🍎 Sensory/Discovery; Fine Motor/Eye-Hand

Together as a family, create your own delicious homemade Frisbee shaped vegetable pizza while doing the **Action Verse**. Be sure to include some veggies you've never tried before. Enjoy!



Action Verse 🍎 Language/Dramatics

While enjoying the pizza, chant the following verse:

(Spiral motion up)

Jumping high with a hippity hop; Lots of fruit hanging from the tree top,

(Spiral motion down)

Bending down, turning round and round; Yummy vegetables in the ground.

(Wave hand around in swirls)

Whirly, swirly, is the vine; Yummy grapes all intertwined

(Motion of raising hand to mouth and rubbing tummy after)

Here's my supper all in a crust; Loaded with veggies, eat it I must!



Safety Tip 🍎 Health & Safety

Remember to teach children:

- 1 - Never throw a Frisbee at other children when they are not ready.
- 2 - Always play with a Frisbee in a large, safe area.