

# Body Charades

This is a game to play with a group of children or people. Pick a theme like “animals” or “sports.” Draw pictures of ten things from your theme on pieces of paper (or cut out pictures from magazines and glue them on paper), and put them in a bowl. Tell everyone what the theme is. Have the first person pick one of the pieces of paper. If he isn’t sure what the picture is, whisper it to him, and let him act it out without using words. For example, if he picked “bunny” he can hop around and wiggle his nose while the others guess what he is. If he picked “swimming” he can pretend to make strokes in water. Once the players have guessed the answer, another person picks a picture from the bowl and acts it out.

**Challenge:** Let your child come up with the theme and think of the ten items. Let him help draw or glue the pictures onto the pieces of paper.

*Your child is building his muscles and learning coordination when he is acting out motions.*



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four and five year olds