

# Let's Play! Simon Says



**PARENT TIP:** Stay active and make physical activity part of your daily life wherever you are, and your children are bound to follow. Remember, children see, children do!



### Physical Activity Guidelines for 3-6 years old

Spend at least 180 minutes doing a variety of physical activities, of which at least 60 minutes should be moderate- to vigorous-intensity activity throughout the day.

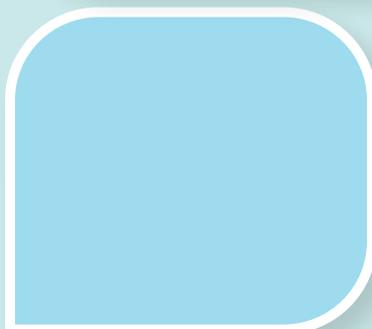


**ACTIVITY**

Play a game of Simon Says using the prompts from the previous page or create your own Simon Says prompts by filling up the empty boxes below.

**How to play:**

1. Choose one person to be Simon.
2. Listen closely as Simon gives you directions. If Simon says to do something, you better act fast. But, if Simon leaves out "Simon Says" and you do it anyway, you're out!
3. Follow the directions and stay in the game for as long as possible. The last player standing wins and becomes the next Simon.



Scan here to download more activity sheets!

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