

Strong

Building strength is important for healthy bones and a healthy body.

With your Girl Scout friends,
play these fun, strength-building games!

Follow the Leader The game of Follow the Leader gives each person a turn at being the leader. The leader walks a certain way or does particular actions, and the followers have to mimic the leader precisely. Follow the Leader could be expanded to include push-ups, crunches, lunges, and other callisthenic exercises. If the players have differing abilities, the game could be arranged so that each person gets a period of time (such as 3 minutes) to be in charge, and each person follows to the best of his/her ability.

Simon Says Simon is the leader, and each action instruction she gives is preceded by "Simon says." When an instruction is issued without that precedent, the participants are not supposed to follow. Simon can include exercise instructions, like "Simon says touch your toes" or "Simon says run in place."

Red Light/Green Light Players line up across the starting line. They walk forward when the leader says, "Green light" and stop immediately when the leader says, "Red light." If the player doesn't stop, she goes back to the start. Exercise moves instead of walking forward could be specified at the beginning of the game, or players could be asked to hop, crawl, skip, etc., with each "Green light" instruction. Play the game several times to work all the muscle groups. This game is also useful for developing reflexes.

Relay Races Races are a great way to include strength training with larger groups of children. Relays are a fun way to encourage team spirit and cooperation. Any combination of strength-building moves can be specified in relays.