



Popcorn is a healthy Whole Grain Snack

Because you eat the **whole** seed !

Pop a batch of popcorn to enjoy as a snack and set aside a small amount to use in playing these fun games as a family.

Remember 60 minutes of Active Play Every Day!

POPCORN ON THE HEAD RELAY

- Split group into two teams.
- Give each team a paper or plastic cup of popcorn of equal amounts.
- Have each player take turns walking with the cup of popcorn on their heads, across the open space; around a chair or other object and back to their team.
- Play for a specified amount of time such as 2 minutes or more. The team that has the most popcorn left in their cup wins!

*Best played outdoors- any spilled popcorn will be enjoyed by the birds!

POPCORN RACE

- * Give each player a straw and have them select a popped kernel of popcorn
- * Each player blows the popcorn with the straw to the end of a table.
- * First one to reach the end is the winner

POPCORN POPPED

Materials: Several balloons (popcorn) and string

- Each player is given two balloons to be inflate and two pieces of string to use to tie one balloon to each ankle.
- Object of game is to burst the other players' popcorn balloons with your feet—no hands allowed.
- Winner is the last person with a popcorn balloon or balloons.

Game can be played with or without boundaries.

Source: <https://kidactivities.net/popcorn-theme/>