



Pepper Power

Play this fun classroom energizer after the Harvest of the Month taste-test to reinforce learning.

Ready:

- This activity will help students remember that peppers come in different colors and can be mild or hot.
- Write the corresponding activities on the board for each color of pepper:
 - Red pepper: March in place
 - Orange pepper: Squats
 - Yellow pepper: Heel raise*
 - Green pepper: Knee lifts (lift knees to opposite elbow)
 - Hot pepper: Crazy dance (encourage kids to be silly and pretend their mouth is on fire!)

Set:

- Have students spread out within the classroom or behind their desks with chairs pushed in. Students should be able to stretch their arms out in any direction without touching anything.

Go:

- Call out the name of a pepper and lead the students in the corresponding exercise. For example, when you say “Yellow Pepper!” everyone should do heel raises (slowly lift up to stand on tip-toes, then slowly lower back down).
- Perform 3-5 repetitions before calling out the next pepper.
- Continue activity until all the peppers have been called at least once.

Go Further:

- Have students think up different activities for each pepper.
- Expand the list of peppers to include varieties of hot peppers (jalapeño, habaero, Anaheim, ancho, poblano, etc.). Choose a fiery activity to go along with each one (dancing, jumping jacks, run in place, etc.).



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