

Frosty Broc Says...



Have fun with this wintery take on Simon Says!

Have your children do these fun body movements by saying, “Frosty Broc says...” and pick one of the following activities at random.

At your choice, leave out “Frosty Broc says...” and see if they still do the movement. Typically, if the child continues with the movement, they would be out. However, to keep the game fun and to encourage physical activity, just count how many times they are still doing the actions without the command.

The game is over either when everyone is “out” if you choose to play that way. You may also choose to finish after a certain amount of time or if a child does a movement without “Frosty Broc says...” a specific number of times.

SIT DOWN

TAKE ONE STEP FORWARD

STAND UP

TAKE ONE STEP BACKWARD

TOUCH YOUR HEAD

CLAP YOUR HANDS

TOUCH YOUR EARS

PRETEND TO THROW A SNOWBALL

TOUCH YOUR NOSE

PRETEND TO CHOP DOWN A TREE

TOUCH YOUR MOUTH

PRETEND TO RIDE A REINDEER

TOUCH YOUR EYES

PRETEND TO KICK A BALL

TOUCH YOUR KNEES

PRETEND TO BUILD A SNOWPERSON

TOUCH YOUR FEET

SPIN AROUND IN A CIRCLE

TOUCH YOUR ELBOWS

WIGGLE YOUR WHOLE BODY

TOUCH YOUR SHOULDERS

SHAKE YOUR HEAD YES

JUMP THREE TIMES

SHAKE YOUR HEAD NO

HOP ON ONE FOOT

DO FIVE JUMPING JACKS

RAISE YOUR HAND

REACH BOTH HANDS UP