GO, SLOW, WHOA MOVE CUES
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- **Health Skills:** I will be able to identify foods that are SLOW (sometimes) and WHOA (once in a while).
- **Nutrition Education:** I will be able to recognize GO foods that are healthy for me to eat all the time.
- **Social & Emotional Learning:** I will demonstrate self-regulation by controlling the speed of my movement.

### What you need...
- Cones or other boundary markers
- Large GO, SLOW, WHOA Food Cards
- Music and speaker(s)
- HHPH.org Music

### How to set it up...
- Create a large activity area where students can move safely in open space.
- Scatter students in the activity area.
- Music and music player safely on the sideline.
- Teacher holds GO, SLOW, WHOA Food Cards

This activity is GO, SLOW, WHOA Move Cues!
- The object of this activity is to change the speed of our movement to match each GO, SLOW, or WHOA card.
- When the music starts, begin walking in open space. Move safely and watch out for other students.
- I’m going to hold up a card. If it’s a GO card, move a little bit faster. If it’s a SLOW card, move in slow-motion. If it’s a WHOA card, freeze and try to keep perfect balance.
- I’ll hold up a new card every 15 to 30 seconds.
- If your movement matches the card – you score 1 perfect point. If your movement doesn’t match – you don’t get a point for that card. Keep track of your score by counting on your fingers. Try to get 10 points for all 10 fingers!

### Discussion Questions
- Can you name 3 SLOW foods? Can you name WHOA foods?
- Can you name 3 GO foods? Why is it important to eat GO foods every day?

### Universal Design Suggestions
- Use upper-body movements and dances for students who have mobility challenges.
- Pair students to work together on identifying food categories. Have them dance/move as a pair.
Peas in a Pod
Bananas
Oranges
Carrots
Baked Potato
Peanut Butter Spread
Cheddar Cheese
Pasta with Tomato Sauce
Fried French Fries
Fast Food Burger
Go, Slow, WHOA Cards

Soda

WHOA!
Pepperoni Pizza

WHOA!