



Luau Bash for Healthy Living

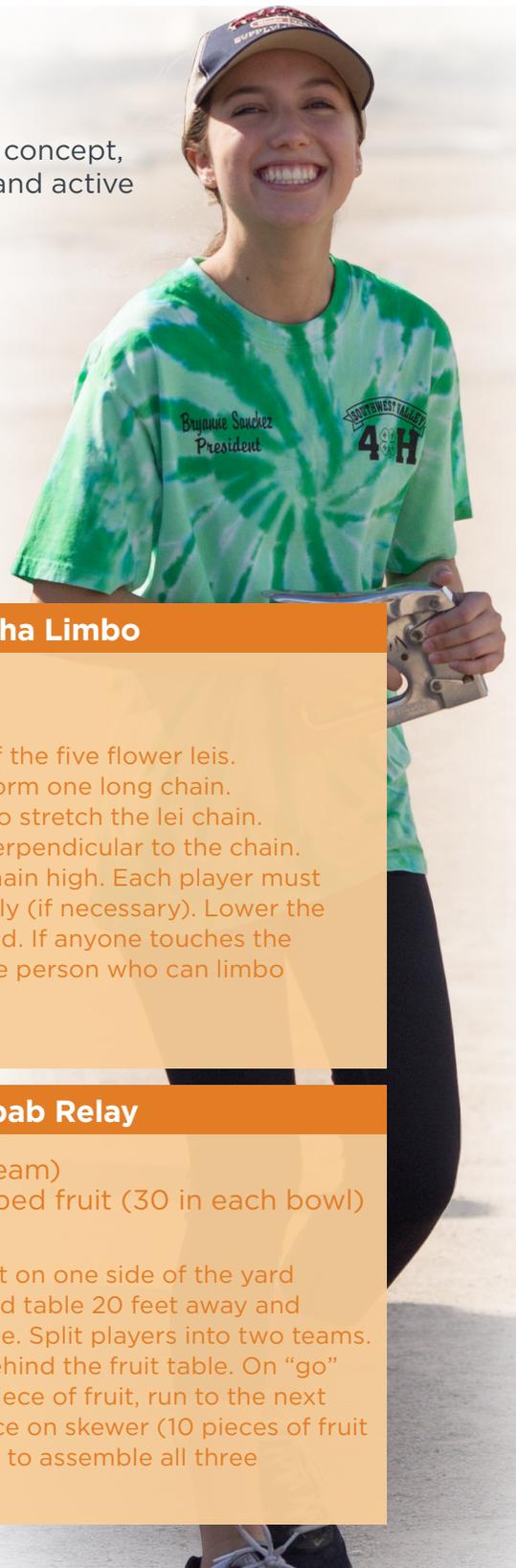
Description

To encourage exercise in a fun environment, the “Luau Bash” concept, created by California 4-H'er Bryanne, consists of several fun and active games that promote healthy lifestyles.

Activities Include:

- Pineapple Bowling encourages kids to get moving.
- Aloha Limbo allows everyone to practice and strengthen their flexibility.
- Musical Towels encourages everyone to dance.
- Kebab Relay will challenge kids to create a healthy snack while getting in some exercise.

Supplies & Instructions



Pineapple Bowling

- 6 pineapples
- 1 coconut

Set up six pineapples in a triangle pattern. Walk 10 feet away from the pineapples and give the first contestant a coconut to knock over the pineapples. Set up pineapples after each player's turn. Each player gets one turn that consists of two chances to knock down as many pineapples as possible. The player who knocks over the most pineapples wins!

Aloha Limbo

- 5 flower leis
- 2 helpers

Cut one snip in each of the five flower leis. Tape leis together to form one long chain. Assign two “holders” to stretch the lei chain. Have players line up perpendicular to the chain. Start by holding the chain high. Each player must bend backwards slightly (if necessary). Lower the chain for the next round. If anyone touches the chain, they are out. The person who can limbo the lowest wins!

Musical Towels

- 10 towels (based on number of players)
- Hawaiian music

Arrange X towels in a circle on the grass (X=1 less than number of players). Have players stand in a circle outside of the towels. Begin music. Stop music after at least seven seconds (vary the time elapsed each round). The person not sitting on a towel is out! Repeat until one player is left.

Kebab Relay

- 6 skewers (3 per team)
- 60 pieces of chopped fruit (30 in each bowl)
- 2 tables

Place two bowls of fruit on one side of the yard on a table. Place second table 20 feet away and set skewers on the table. Split players into two teams. Have players line up behind the fruit table. On “go” players will grab one piece of fruit, run to the next table and carefully place on skewer (10 pieces of fruit per skewer). First team to assemble all three fruit kebabs wins!