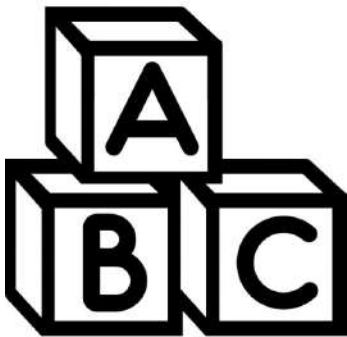


## **Elementary School**

### **ABC/123**



- ❖ Stand Up
- ❖ Use index finger to write a large "A" in the air
- ❖ As you are writing say out loud the number "1"
- ❖ Now write "B" in the air and say the number "2"
- ❖ Continue to write the letters in the air and say the numbers in order

### **Toe Tapping**

- ❖ Stand up and face your partner
- ❖ Both partners put out your right leg and tap your feet together one time
- ❖ As you tap your feet say "1" out loud
- ❖ Both partners put out your left leg and tap your feet together three times, while saying "3" out loud
- ❖ Tap your right feet together two times while saying "2" out loud
- ❖ Continue the 1,3,2 to tapping pattern while alternating feet.
- ❖ See how fast you can go.

## **Middle School**

### **Sit Down Challenge**

- ❖ Have students line up on a line
- ❖ Tell students they have to now lineup in a certain order
- ❖ Example: alphabetical order by first name or



by their birthday

- ❖ If it is too easy, challenge students to do it without talking

### **Would You Rather?**

- ❖ Have everyone stand face the teacher
- ❖ Teacher will ask a question and designate spots in the room for each option
  - ❖ Students will pick what spot they want to go to
  - ❖ Teacher will call on a few students to explain their answer
  - ❖ Ex: Would you rather be bigfoot or be lochness moster?
    - Bigfoot stands by the door & lochness monster stands by the windows



## **High School**

### **Heads Up Squeeze, Tails You Freeze**

- ❖ Split class into two teams, and have them face each other
- ❖ Students hold hands and close their eyes
- ❖ Students in the front of the line can open their eyes
- ❖ The teacher will flip a coin and show the students in the front of the line
- ❖ If it is heads the students will squeeze the next person's hand, if it is tails they will stay still
- ❖ When it reaches the end, the last student in line will hit a bell or buzzer



### **Ultimate Thumb and Rock Paper Scissors War**

- ❖ Students will stand up and get with a partner
- ❖ Students will play rock paper scissors war with one hand
- ❖ With their other hand students will play thumb war

## ***Classroom***

### **Find Your Shoe...**

- ❖ Students take off one shoe and make one big pile in the classroom, students then randomly take one shoe from the pile.
- ❖ They have 1 minute to hide the shoe around the room (must be visible).
- ❖ Students find their shoes.

### **Paper Airplanes**

- ❖ Students all make their own paper airplanes and put their name on the paper (use recycled paper).
- ❖ Students all gather on one side of the room, while a water bottle is placed on the other.
- ❖ Students will throw the paper airplane towards the bottle trying to get the closest, teacher will read the name of the student who got the closest.

