

Story Time

Materials/Resources: A book with action

Have the students act out the movements of the story. Prepare your students by practicing the movements before you read the book. For example, if there is an elephant walking in the jungle, show them how to use their arms as a trunk and walk in place (or around the room if you have adequate space.)



Beach Ball Fun

Materials/Resources: Beach ball or balloon

Have your students toss a beach ball or balloon in the air without letting it hit the floor. For another option, divide your students into two groups. Place the groups on opposite sides of the room. Have them toss the ball or balloon back and forth without letting it hit the floor. With younger children, have them count how many times it is hit before it drops to the floor. Feeling brave? Add more than one ball or balloon to the game.



Weather Forecast

Source: healthiergeneration.org

Instruct your students to act out these weather conditions:

- Earthquake shaking
- Volcano erupting
- Tornado twisting
- Hurricane running into wind
- Blizzard skiing



Dance Fever

Materials/Resources: Kid-appropriate music like Kidz Bop

Lead the students in dance moves like the twist, mashed potato, moonwalk, sprinkler, and raising the roof. For extra fun, pause the music and have your students freeze and hold their pose until you restart the music.



Classroom Workout

Materials/Resources: Each student will need a book

Instruct your students to do the following:

- Sit down in 10 different chairs/desks
- March 100 steps behind your own desk
- Give 10 different people a high five
- Touch all four corners of the room
- Move your book around your waist 20 times



Source: healthiergeneration.org



The Wave

Materials/Resources: None

Have your students form a circle in the classroom.

Start the wave by raising your arms up like at sporting events and instruct your students to do the same when the person next to them makes the movement. Then ask a student to begin the wave with a different activity like leaning right or spinning in a circle. Once the kids are familiar with the wave action, have 2 or 3 students begin the wave activities at the same time.



Math Time

Materials/Resources: Math problems

Write math problems on the board that are appropriate for the level of your students. The answers to the math problems are the number of times your class will do each activity. Here are some examples:

1 + 4 = 5 Jumping jacks
10 - 4 = 6 Hop on one foot
6 x 4 = 24 Marching in place



Simon Says

Materials/Resources: None

Kids do not ever get tired of this activity! You can let the students take turns being Simon. Here are some fun ideas to get you started:

- Shake your whole body
- Hop like a frog
- Pretend to lift a car
- Pretend to shoot a basketball 10 times
- Take five LARGE steps forward
- Show off the muscles in your arms
- Make circles in the air with your arms



True or False?

Materials/Resources: A class lesson with verbal true or false statements

Read a statement to your class. If they think the answer is true, tell them to punch their arms to the ceiling. If they think the answer is false, have them get up and march in place. Change the movements every few questions.



Trivia Contest

Materials/Resources: Review questions based on class content

Place students in teams of 3 or 4. Ask the class a question. When a team thinks they have the correct answer, the designated student writes the answer on the board. The first team to have the right answer does five movements and the other teams do 15. Movements to try are jumping jacks, marching in place, balancing on one foot, lunges, hops, and arm circles.



Yoga

Materials/Resources: Yoga Poses Reference

You don't have to be a yogi to use poses to relax your students. Simple poses like reaching overhead towards the sky or dropping forward and touching their toes, in combination with deep breathing will calm your students. Warrior poses help with balance. Start with legs together. Ask them to take one foot back and bend their front knee. Extend arms out to the side and hold for 20 counts. Switch legs.



Breathe Deep

Materials/Resources: None

To calm the kids down, have them stand with legs spread or sit at their desk. Ask them to close their eyes and breathe in through their nose for 5 counts and then breathe out through their nose for 5 counts. Ask them to turn their head to the left and hold for 5 counts and then turn to the right and hold for 5 counts. For the next minute, have them breathe in positive thoughts and breathe out negative thoughts.

