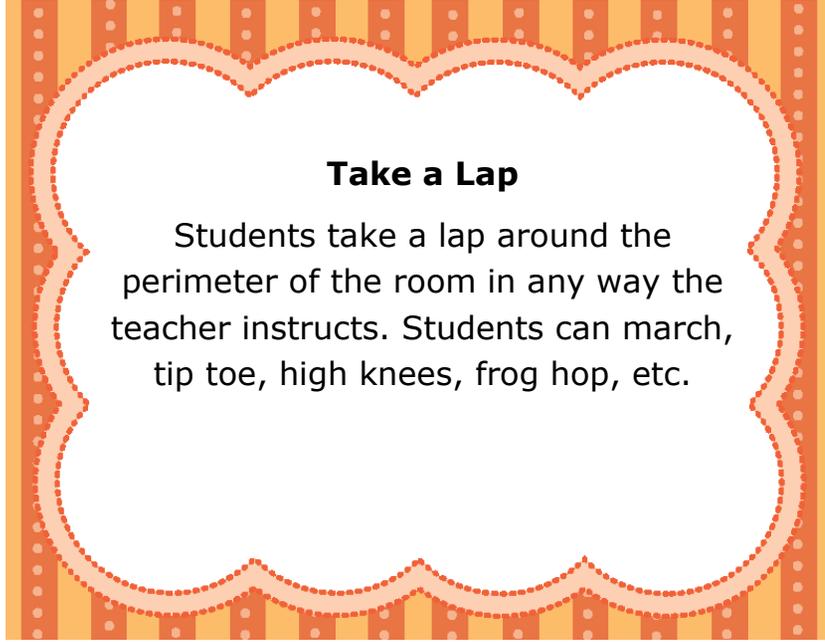


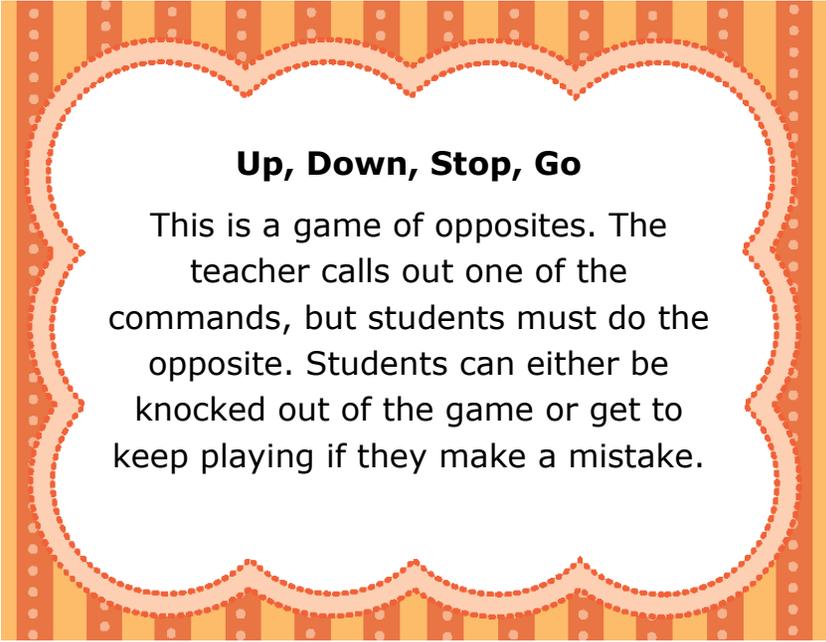
My Day So Far...

Students have 30 seconds to act out what they've done so far today. Begin by waking up, and travel through the entire day up to the current moment. Be sure the students do this silently in place.



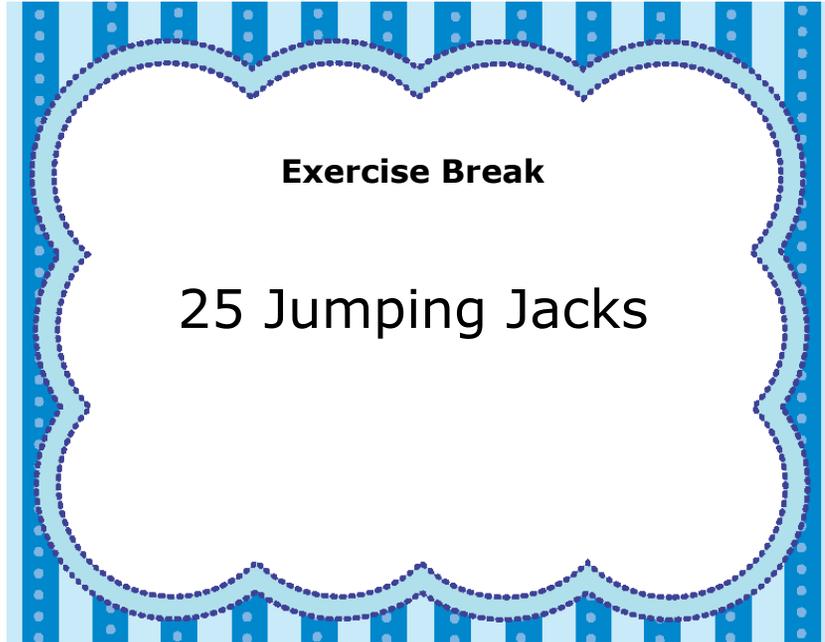
Take a Lap

Students take a lap around the perimeter of the room in any way the teacher instructs. Students can march, tip toe, high knees, frog hop, etc.



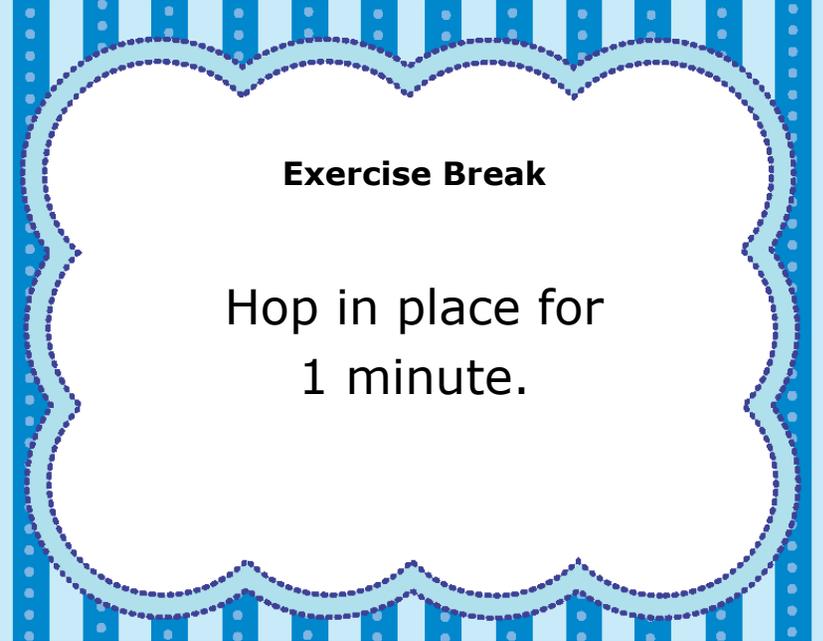
Up, Down, Stop, Go

This is a game of opposites. The teacher calls out one of the commands, but students must do the opposite. Students can either be knocked out of the game or get to keep playing if they make a mistake.



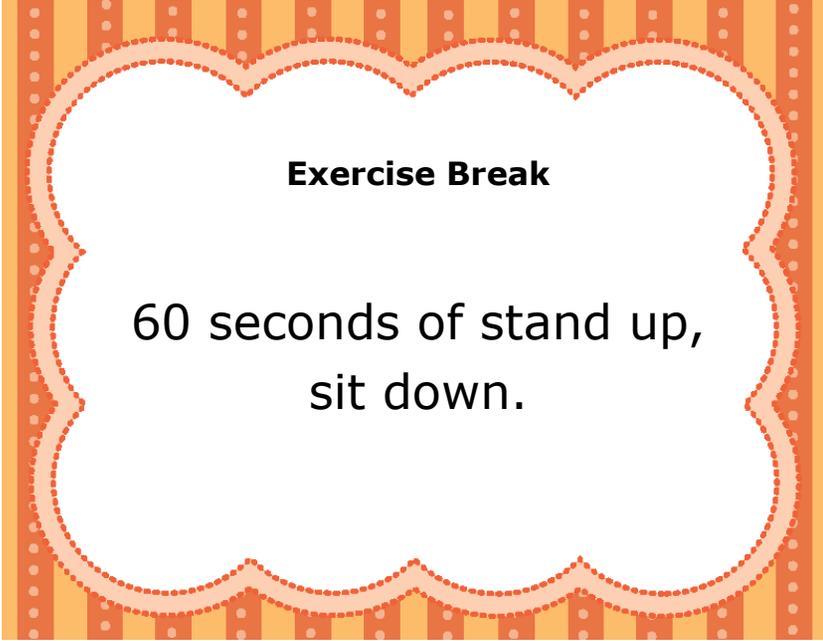
Exercise Break

25 Jumping Jacks



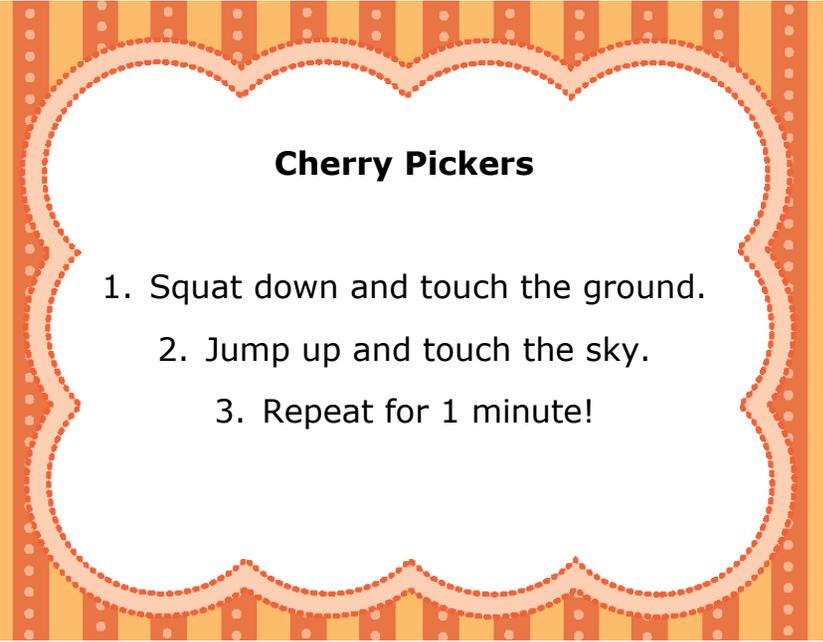
Exercise Break

Hop in place for
1 minute.



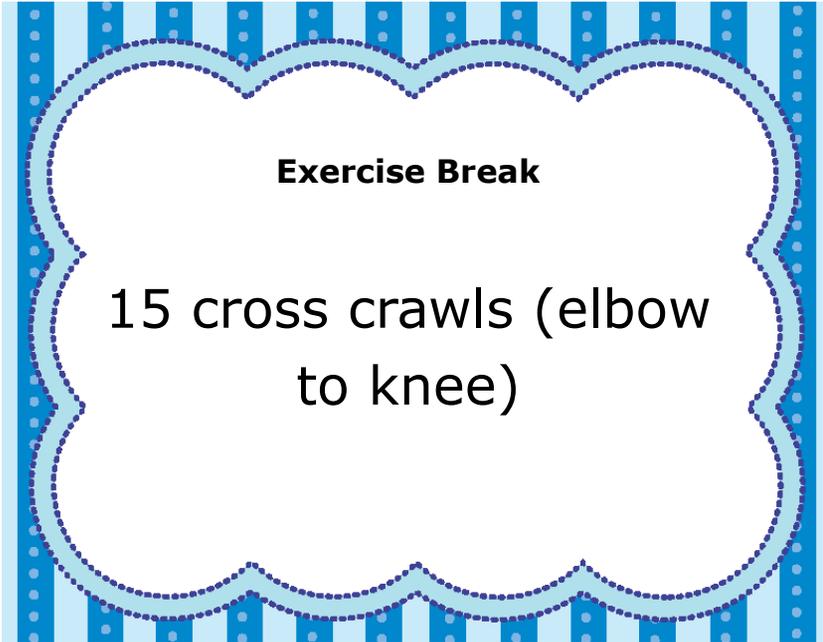
Exercise Break

60 seconds of stand up,
sit down.



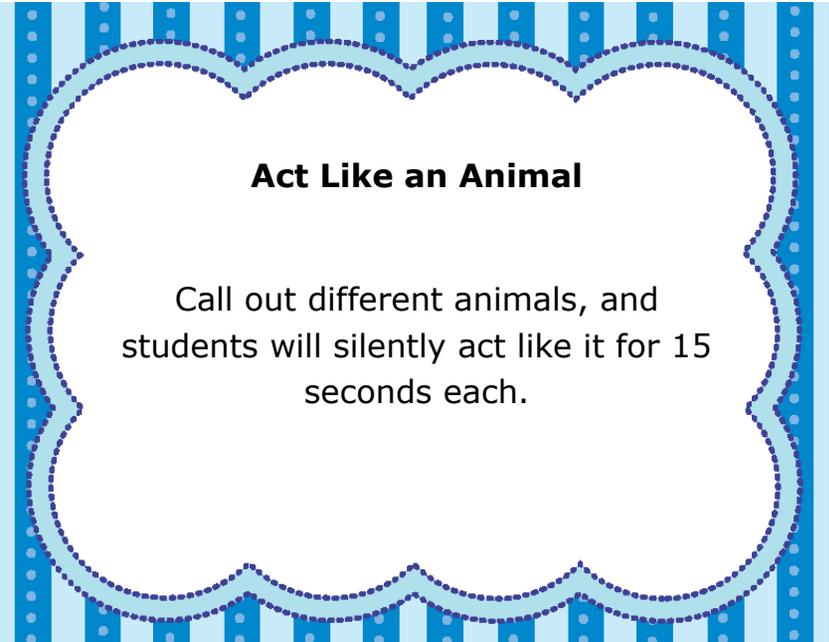
Cherry Pickers

1. Squat down and touch the ground.
2. Jump up and touch the sky.
3. Repeat for 1 minute!



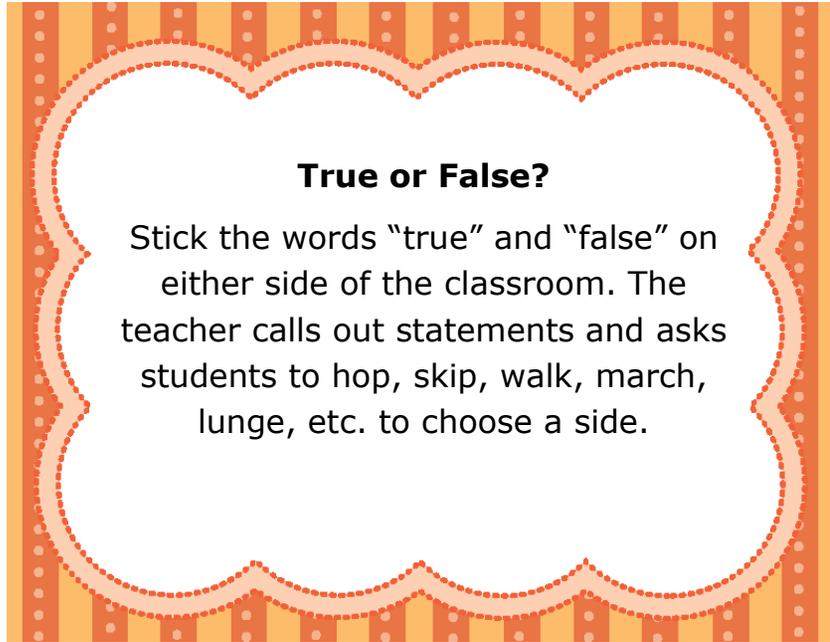
Exercise Break

15 cross crawls (elbow
to knee)



Act Like an Animal

Call out different animals, and students will silently act like it for 15 seconds each.



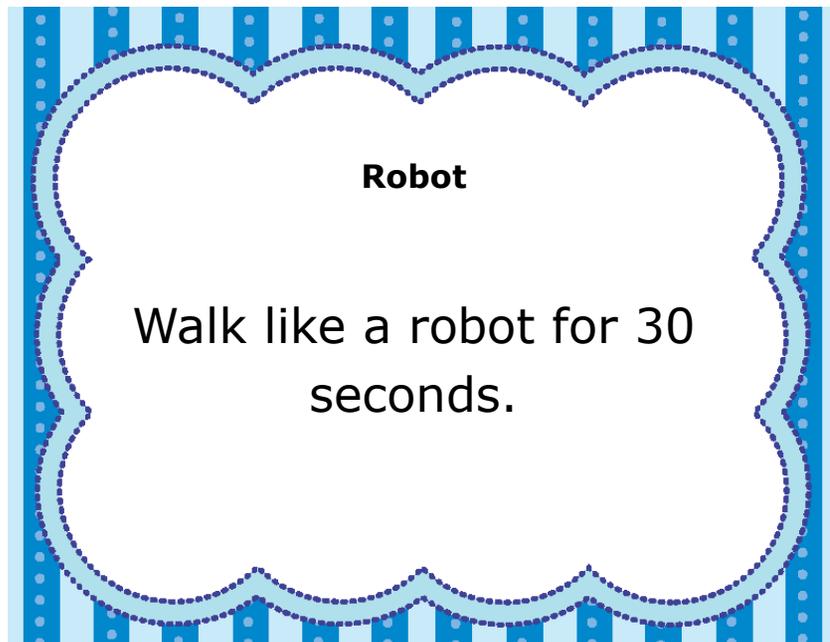
True or False?

Stick the words "true" and "false" on either side of the classroom. The teacher calls out statements and asks students to hop, skip, walk, march, lunge, etc. to choose a side.



Exercise Break

Jog in place for 60 seconds



Robot

Walk like a robot for 30 seconds.

As If...

Jog in place, AS IF a scary bear is chasing you.

Walk forward, AS IF you're walking through pudding.

Jump in place, AS IF you're popcorn popping.

Reach up, AS IF grabbing balloons out of the air.

Shake your body, AS IF you're a wet dog.

Stop and Scribble

1. Teacher calls out exercise (jump, twist, jog, jumping jack, knee lifts, march, etc.)
2. Students begin activity and continue until teacher calls out a spelling word, number, shape, letter, etc.
3. Students freeze and try to spell the word (in the air or on paper).

Raise the Roof

Students choose the heaviest book in their desk and raise it above their head and down to the floor. Repeat this 20 times.

Jump the River

Place a pencil on the ground. Jump back and forth over the pencil (river). Hop high across the river so the jumping fish will not catch you!