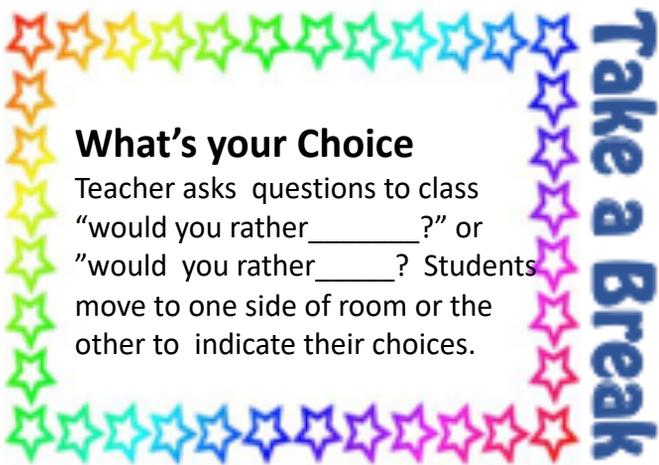


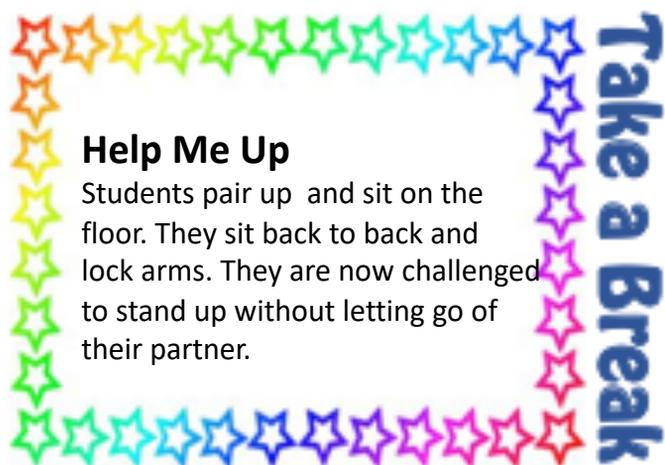
### Simon Says

Play in seat or standing up.  
Make the requested actions go faster and faster. Or split the class into two sides and have one side do an action to the other side....  
Only if Simon Says



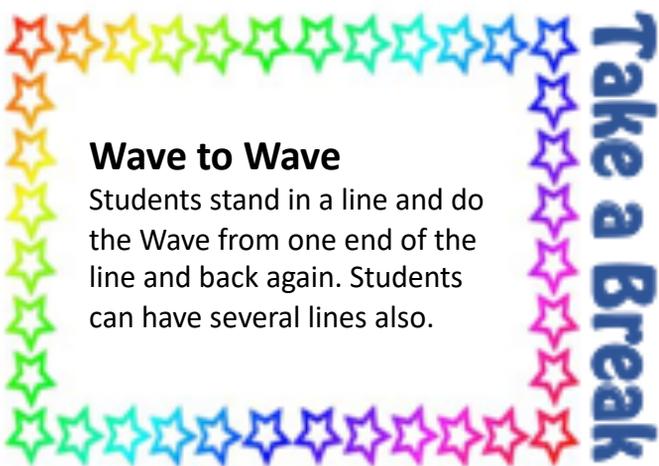
### What's your Choice

Teacher asks questions to class  
"would you rather \_\_\_\_\_?" or  
"would you rather \_\_\_\_\_? Students  
move to one side of room or the  
other to indicate their choices.



### Help Me Up

Students pair up and sit on the floor. They sit back to back and lock arms. They are now challenged to stand up without letting go of their partner.



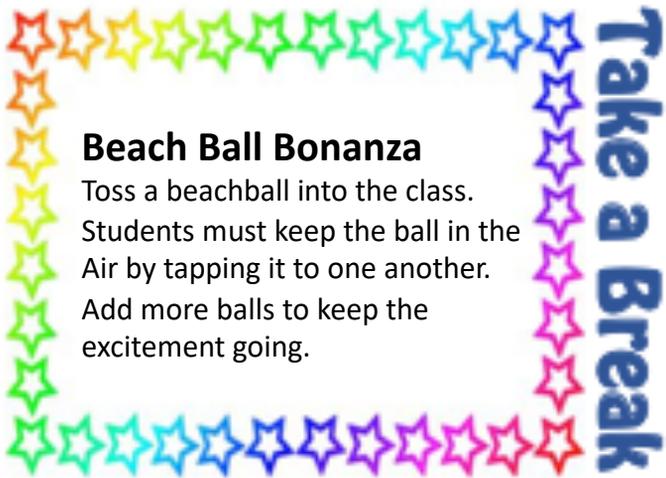
### Wave to Wave

Students stand in a line and do the Wave from one end of the line and back again. Students can have several lines also.



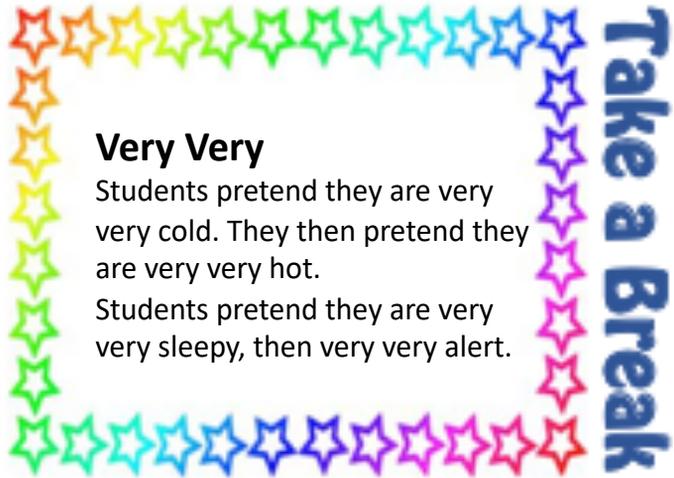
### Sing to Move

~ Put your right hand in,  
put your right hand out  
~ Head, Shoulders, Knees and Toes  
~ If Your Happy and You Know It



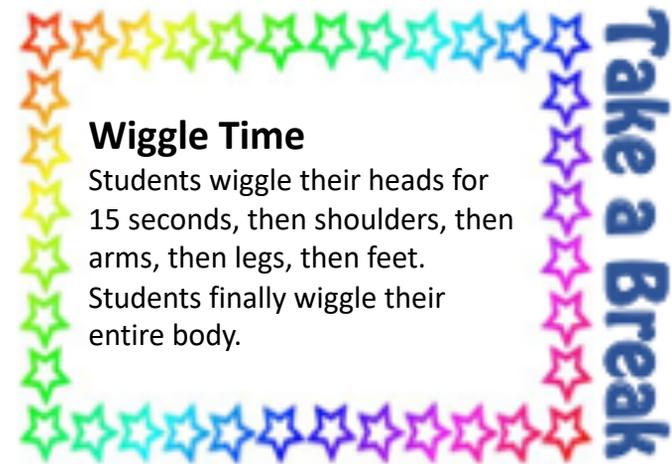
### **Beach Ball Bonanza**

Toss a beachball into the class. Students must keep the ball in the Air by tapping it to one another. Add more balls to keep the excitement going.



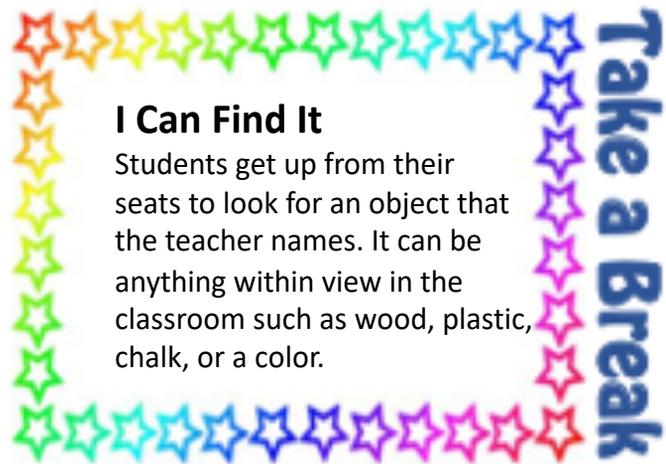
### **Very Very**

Students pretend they are very very cold. They then pretend they are very very hot. Students pretend they are very very sleepy, then very very alert.



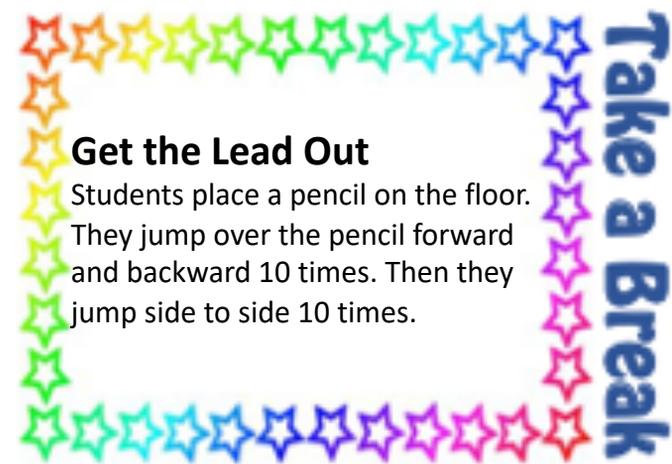
### **Wiggle Time**

Students wiggle their heads for 15 seconds, then shoulders, then arms, then legs, then feet. Students finally wiggle their entire body.



### **I Can Find It**

Students get up from their seats to look for an object that the teacher names. It can be anything within view in the classroom such as wood, plastic, chalk, or a color.



### **Get the Lead Out**

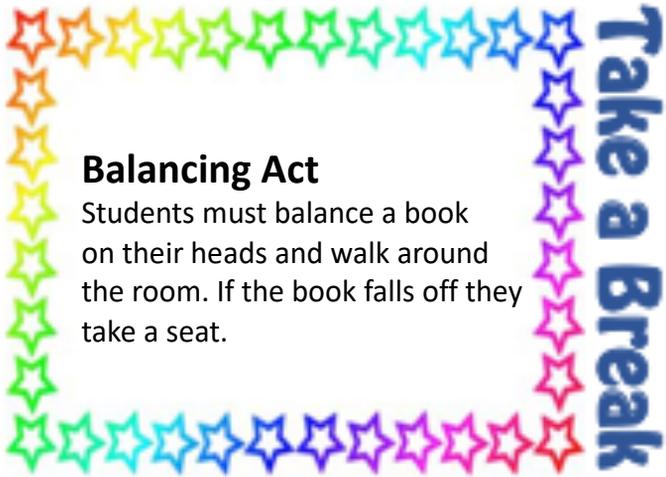
Students place a pencil on the floor. They jump over the pencil forward and backward 10 times. Then they jump side to side 10 times.



### **Wild Walks**

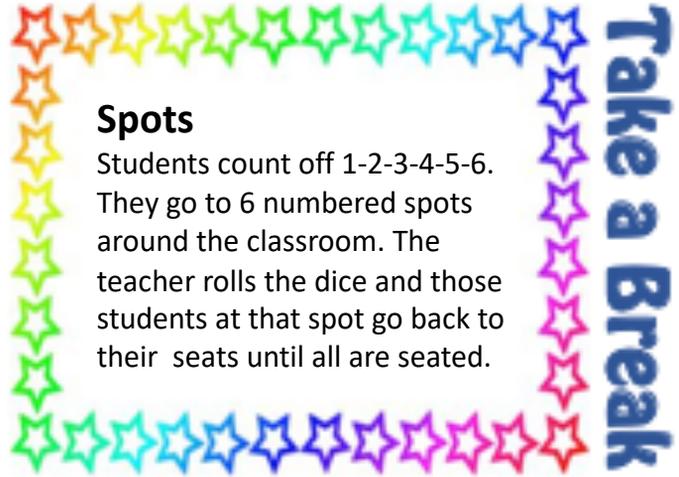
Students walk 10 times each way.

- Giant Steps
- Baby Steps
- Tip-Toes
- Knees Together
- Holding Ankles



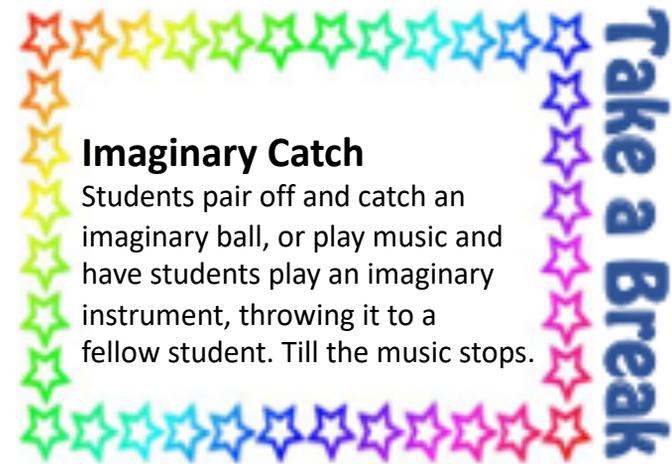
**Take a Break**

**Balancing Act**  
Students must balance a book on their heads and walk around the room. If the book falls off they take a seat.



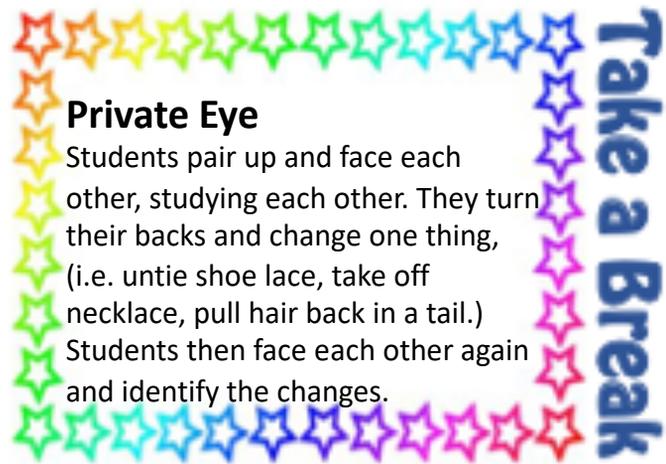
**Take a Break**

**Spots**  
Students count off 1-2-3-4-5-6. They go to 6 numbered spots around the classroom. The teacher rolls the dice and those students at that spot go back to their seats until all are seated.



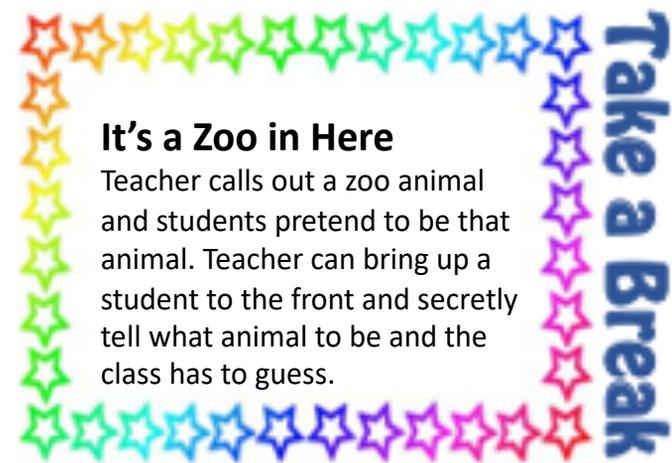
**Take a Break**

**Imaginary Catch**  
Students pair off and catch an imaginary ball, or play music and have students play an imaginary instrument, throwing it to a fellow student. Till the music stops.



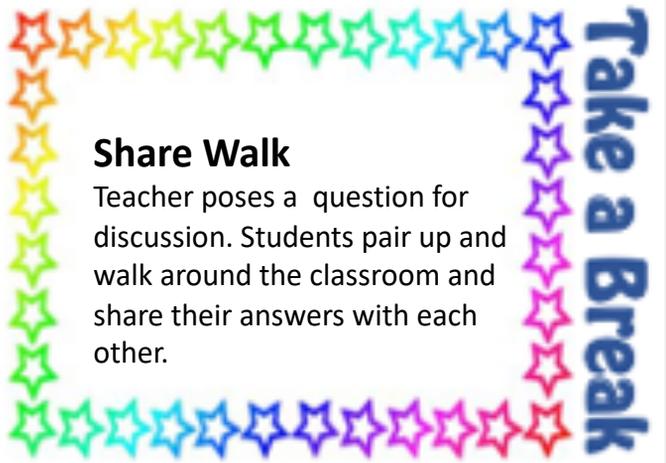
**Take a Break**

**Private Eye**  
Students pair up and face each other, studying each other. They turn their backs and change one thing, (i.e. untie shoe lace, take off necklace, pull hair back in a tail.) Students then face each other again and identify the changes.



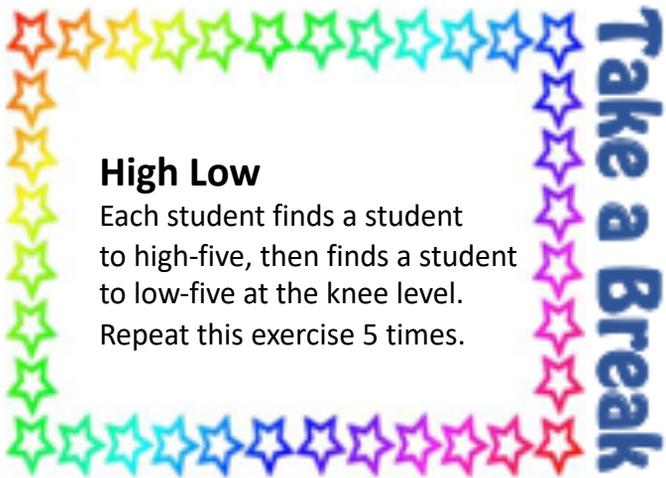
**Take a Break**

**It's a Zoo in Here**  
Teacher calls out a zoo animal and students pretend to be that animal. Teacher can bring up a student to the front and secretly tell what animal to be and the class has to guess.



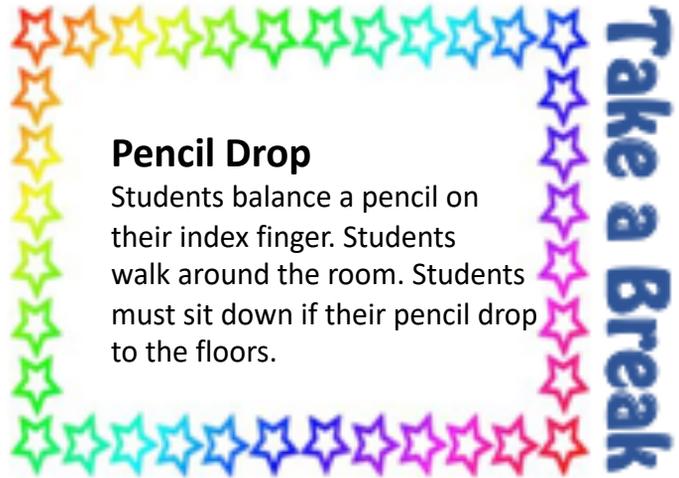
**Take a Break**

**Share Walk**  
Teacher poses a question for discussion. Students pair up and walk around the classroom and share their answers with each other.

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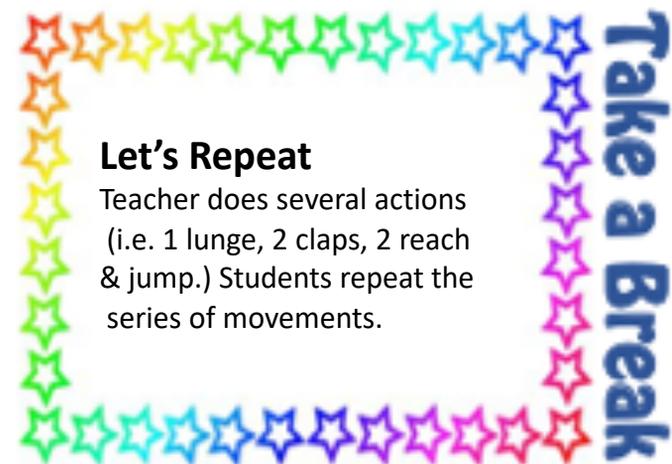
**Take a Break**

**High Low**  
Each student finds a student to high-five, then finds a student to low-five at the knee level. Repeat this exercise 5 times.

A decorative border of colorful stars in a rainbow gradient (red, orange, yellow, green, cyan, blue, purple, pink) arranged in a rectangular frame.

**Take a Break**

**Pencil Drop**  
Students balance a pencil on their index finger. Students walk around the room. Students must sit down if their pencil drop to the floors.

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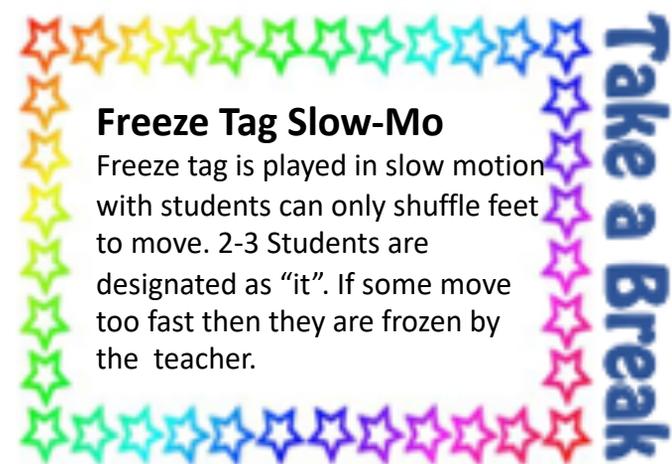
**Take a Break**

**Let's Repeat**  
Teacher does several actions (i.e. 1 lunge, 2 claps, 2 reach & jump.) Students repeat the series of movements.

A decorative border of colorful stars in a rainbow gradient (red, orange, yellow, green, cyan, blue, purple, pink) arranged in a rectangular frame.

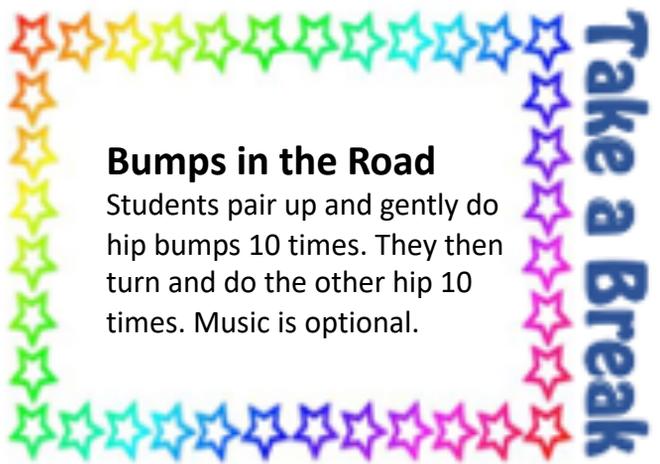
**Take a Break**

**Trade with Me**  
Students stand up behind their chair. Teacher names a trait. All students that have that trait trade with any fellow student. by tapping them on the shoulder. (i.e. everyone with brown shoes, or stripes.)

A decorative border of colorful stars in a rainbow gradient (red, orange, yellow, green, cyan, blue, purple, pink) arranged in a rectangular frame.

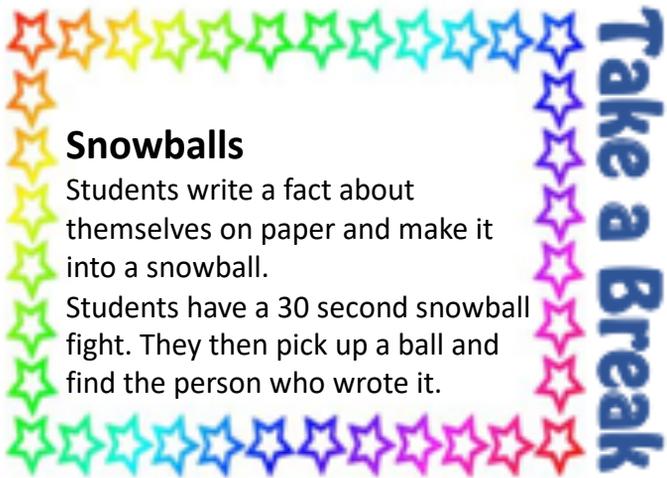
**Take a Break**

**Freeze Tag Slow-Mo**  
Freeze tag is played in slow motion with students can only shuffle feet to move. 2-3 Students are designated as "it". If some move too fast then they are frozen by the teacher.

A decorative border of colorful stars in a rainbow gradient (red, orange, yellow, green, cyan, blue, purple, pink) arranged in a rectangular frame.

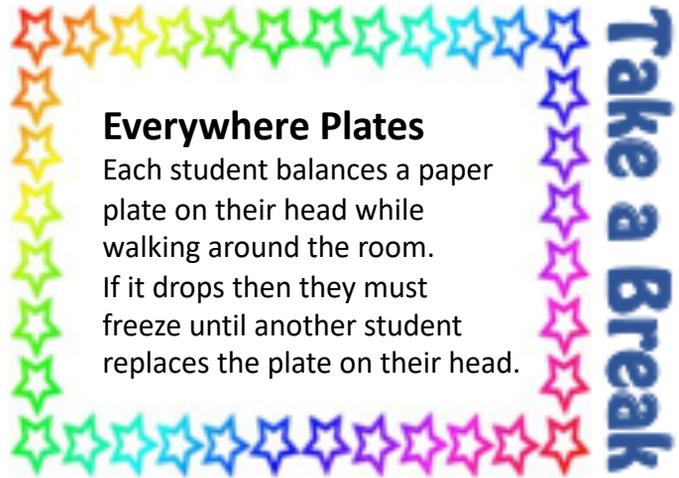
**Take a Break**

**Bumps in the Road**  
Students pair up and gently do hip bumps 10 times. They then turn and do the other hip 10 times. Music is optional.



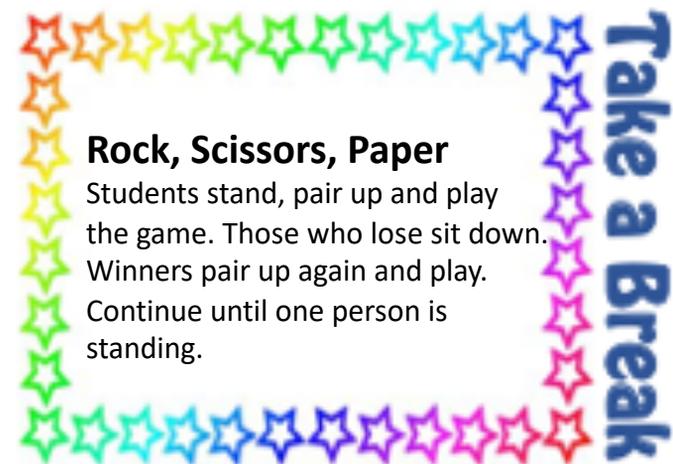
**Snowballs**  
Students write a fact about themselves on paper and make it into a snowball.  
Students have a 30 second snowball fight. They then pick up a ball and find the person who wrote it.

**Take a Break**



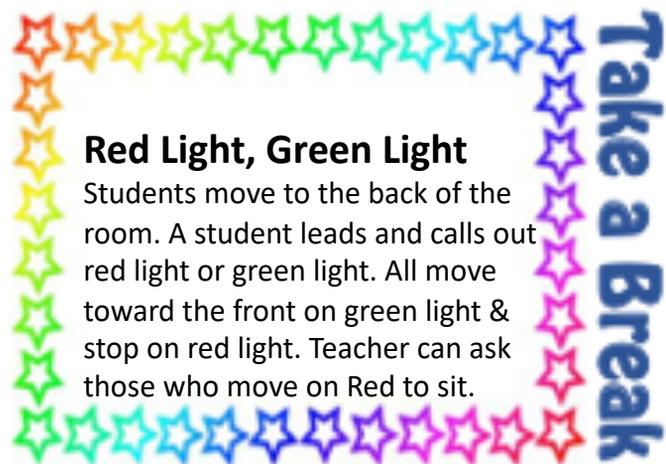
**Everywhere Plates**  
Each student balances a paper plate on their head while walking around the room.  
If it drops then they must freeze until another student replaces the plate on their head.

**Take a Break**



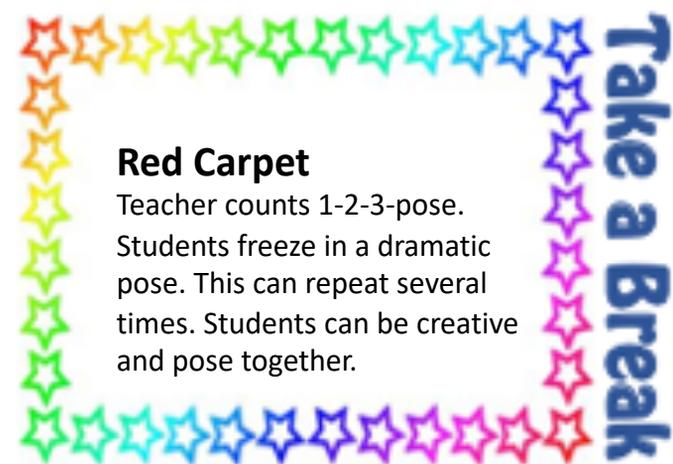
**Rock, Scissors, Paper**  
Students stand, pair up and play the game. Those who lose sit down. Winners pair up again and play. Continue until one person is standing.

**Take a Break**



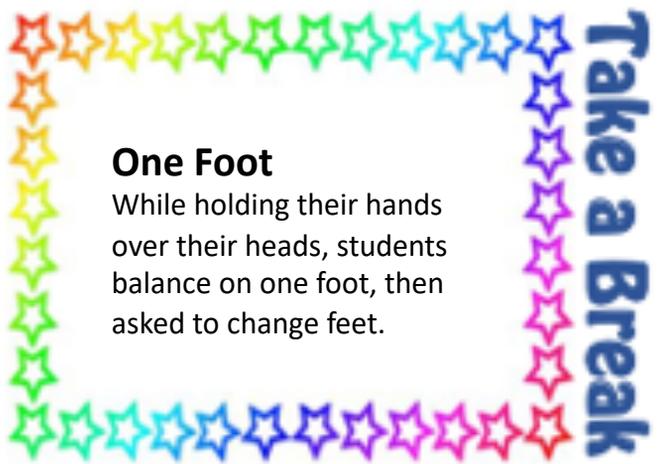
**Red Light, Green Light**  
Students move to the back of the room. A student leads and calls out red light or green light. All move toward the front on green light & stop on red light. Teacher can ask those who move on Red to sit.

**Take a Break**



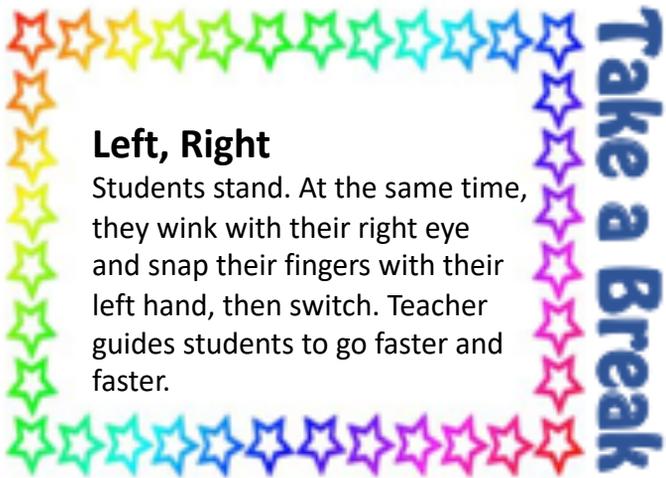
**Red Carpet**  
Teacher counts 1-2-3-pose. Students freeze in a dramatic pose. This can repeat several times. Students can be creative and pose together.

**Take a Break**



**One Foot**  
While holding their hands over their heads, students balance on one foot, then asked to change feet.

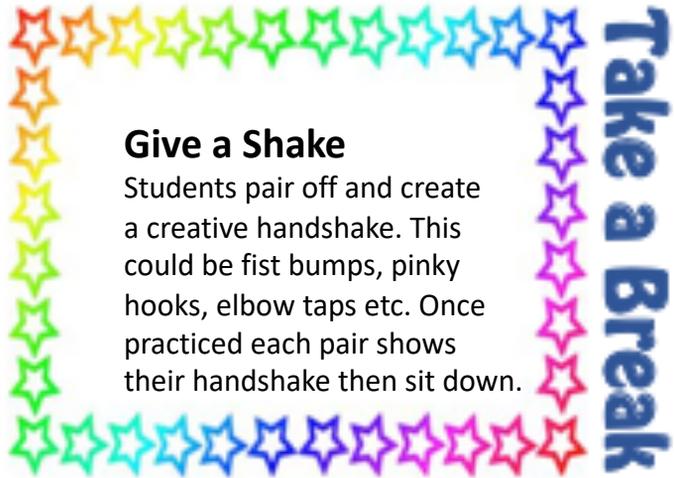
**Take a Break**



**Take a Break**

### Left, Right

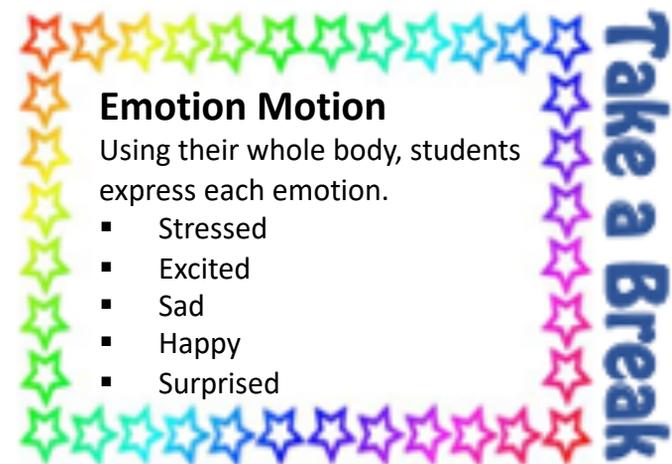
Students stand. At the same time, they wink with their right eye and snap their fingers with their left hand, then switch. Teacher guides students to go faster and faster.



**Take a Break**

### Give a Shake

Students pair off and create a creative handshake. This could be fist bumps, pinky hooks, elbow taps etc. Once practiced each pair shows their handshake then sit down.

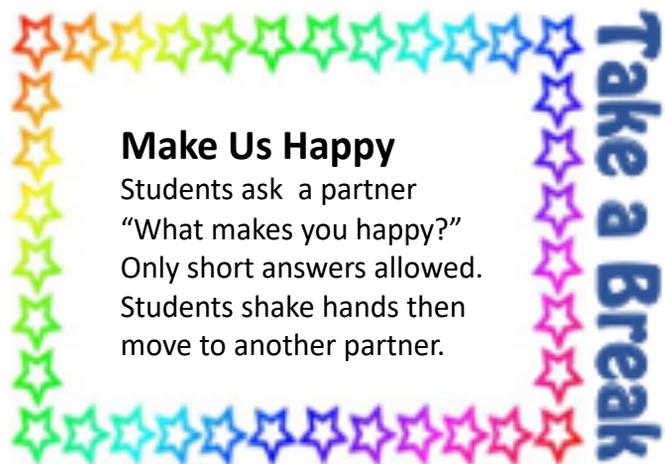


**Take a Break**

### Emotion Motion

Using their whole body, students express each emotion.

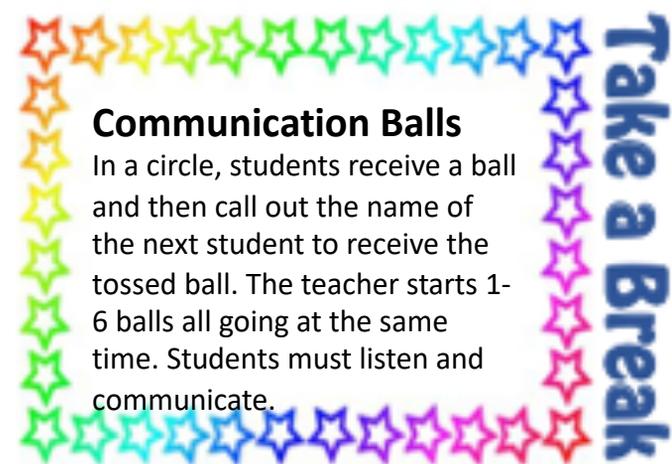
- Stressed
- Excited
- Sad
- Happy
- Surprised



**Take a Break**

### Make Us Happy

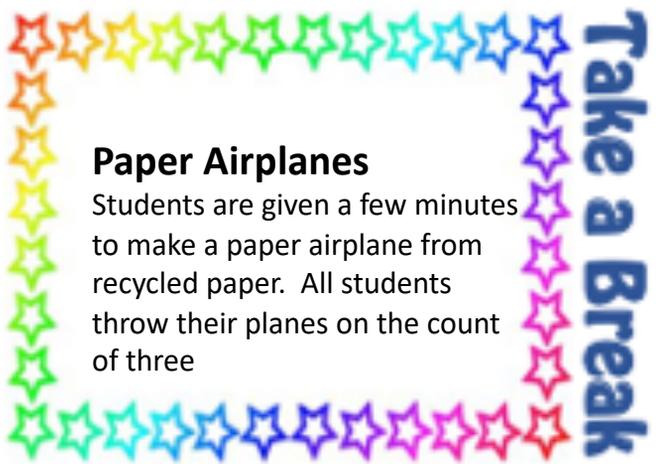
Students ask a partner "What makes you happy?" Only short answers allowed. Students shake hands then move to another partner.



**Take a Break**

### Communication Balls

In a circle, students receive a ball and then call out the name of the next student to receive the tossed ball. The teacher starts 1-6 balls all going at the same time. Students must listen and communicate.



**Take a Break**

### Paper Airplanes

Students are given a few minutes to make a paper airplane from recycled paper. All students throw their planes on the count of three