

AS IF

GRADES: K-2

FORMATION: Standing in their own personal space

EQUIPMENT: None

LEARNING OUTCOMES: Listening skills, Coordination, Creativity

SAFETY CONSIDERATIONS: Remind participants to be cautious when moving and to be aware of the personal space of others. Check that the participants have enough space to perform the activities safely.

RULES/DIRECTIONS:

Teacher reads sentence to class. Have students act out each sentence for 30 seconds.

Jog in place **as if** a big scary bear is chasing

Walk forwards **as if** you're walking through Chocolate pudding.

Jump in place **as if** you are popcorn popping.

Reach up **as if** grabbing balloons out of the air.

March in place and play the drums **as if** you are in a marching band.

Paint **as if** the paint brush is attached to your head.

Swim **as if** you are in a giant pool of Jell-O.

Move your feet on the floor **as if** you are ice skating.

Shake your body **as if** you are a wet dog.

Students may create their own sentences for additional activities.