

Dance It Out!

Say Hey (I Love You)
Kidz Bop

Dance along to this fun
video!

Find it on YouTube:
<https://www.youtube.com/watch?v=tbYNYUZdDYc>

Dance It Out!

Chicken Noodle Soup
Kidz Bop

Dance along to this fun
video!

Find it on YouTube:
<https://www.youtube.com/watch?v=16Csjl1fwQc>

Dance It Out!

YMCA

Dance along to this fun
video!

Find it on YouTube:
<https://www.youtube.com/watch?v=Hn6zAIQnGxM>

Tap Your Head and Rub Your Tummy

Take one hand and tap it up and down on your head. Take the other hand and rub it in circles on your tummy. Once you've gotten the hang of it, try to switch motions!

Grab Ear and Nose

Take your right hand and grab your left ear. Take your left hand and touch your nose. Now switch; take your left hand and grab your ear. Take your right hand and touch your nose. Switch back and forth.

Clap, Lap, Clap, Miss

While sitting, take both hands and clap. Then take both hands and hit your lap. Take both hands and clap once more, and then miss a clap. Repeat faster and faster each time.

The Flamingo

Put your right hand on your left hip. Hands together and balance on your left foot. Put your left hand on your right hip and balance on your right foot. Hands together. Flamingo. Together. Repeat.

Fish and Snake

Use your right hand and move it up and down in a wave-like motion. Now take your left hand and move it side to side in a snake-like motion. Try performing it at the same time and then try switching hands.

Color Breather

Dim the lights and find a restful position. Close your eyes and take 3 deep breaths. As you breathe in, breathe in your favorite color. As you breathe out, imagine your least favorite colors flowing out of you along with any worries that you have. Repeat.

Take a Breather

Dim the lights and find a restful position. Close your eyes and take three long deep breaths. As you breathe in, imagine a happy memory from the past week. As you breathe out, imagine a worry leaving your body with your breath. Repeat.

Animal Noises

Pick a partner. One person make an animal noise while the other tries to guess what it is. It is okay to be creative, so try something like an ostrich or hyena noise! Take turns making sounds and guessing.

Pen Revolution

Tip of the Tongue

Pinky Thumb

Jumping Jacks

Body Math

Assign certain parts of the body to be numbers (ex: nose=1, ear=2, shoulder=3) and have one partner make an equation while the other partner has to figure out the solution. Try to add and subtract.

Create a Handshake

Find a partner to work with. With your partner, invent a cool new handshake that you can both enjoy. Use claps, snaps, fist bumps, or anything you can think of!

Create a New Language

Find a partner. Between the two of you, create a language by using patterns or sounds. Make up new words with new meanings.

Create a Rhythmic Pattern

Create your own rhythmic pattern by using a series of as many taps, claps, stomps, clings, and other noises as you want. Share with everyone!

Thumb Wrestling

Arm Wrestling

Imaginary Double

Tic Tac Toe

Hangman

Start a hangman game with a partner or a group. Pick a category and have your partner(s) attempt to guess the word or phrase.

I Spy

Pick an object around the room. Have a partner try to guess what object you've picked.

Words in a Word

Have someone pick a word- any word. Then have everyone else try to find words in that word. (ex: "rad", "den", "are" in "garden"). See who can find the most words.

Picture in the Air

Find a partner. The first person draws a favorite place in the air. The other person must try and guess what the first person is drawing. Switch and repeat!

Charades

Yoga

Mirror, Mirror

Dance Your Name

Conga Line

Place hands on the shoulders of the person in front of you. Once music begins, move forward in a line, kicking your legs to the right and then to the left as you move.

Pantomime

Find a partner. Have one partner act like a pantomime in a certain location. The other partner must try to figure out the location. Switch.

Rock, Paper, Scissors

Find a partner. Play rock, paper, scissors. Rock trumps scissors; paper trumps rock; scissors trumps paper.

Air Band

Perform a silent song with invisible instruments. Have a guitarist, pianist, lead singer and anything else you can think of!

Telephone

Statue Imitation

Seat Switch

Would You Rather?

Four Corners

Pick one person to stand in the center of the room with eyes closed. Have everyone else choose a corner. If the middle person points to your corner, you are out. Continue until one remains.

Class Wave

Have everyone stand up. Start the wave with hands going up and then down from one side of the room and move the wave all the way around the room.

Book Balance

Take out one of your light textbooks. Place it on top of your head and try to balance it. Now try to walk with the book balanced on your head as well.

Heads Up, Seven Up

Have all of the students lay their heads down without peeking. Have a few volunteers choose students to stick their thumbs up. Those with thumbs up, try to guess who tapped them.

Down By The Banks

Have everyone sit in a circle. Place your right hand facing up on top of the person on your right's left hand that is also facing up. Go around the circle until someone is eliminated. Repeat until one wins.

Class Story

Create a story by starting with one word. The next person adds a word, and so on. The words form sentences and the sentences form a small short story. Have fun and be creative!

Categories

Have someone pick a category (ex: food items). Have everyone else write down as many food items as possible. See who can write down the most (no repeats) in a set amount of time!

Alphabet Game

Find a partner. Switching back and forth each letter, partners must go through the entire alphabet by naming things by first letters. (ex: **A**pple, **B**ear, **C**ar, **D**onkey, **E**ar...)

First Letter

Using the first letter of your name, think of an animal whose name also begins with that letter. Then have everyone go around and say their animals names, and try to remember each name!

First Thought

Have someone start playing a song. Everyone else must draw a picture that describes what they hear and think about when they listen to the song.

Position Switch

Turn your seat around and use the desk behind you. If you sit in the back row, move all the way to the front seat, but facing the back of the room.

Rhyme Me

Have someone pick a word- any word. Then have everyone else try to come up with as many words that rhyme with the chosen word as possible. Set a time limit to make it more fun!

Draw By Words

Sit back to back. Have one student draw a picture and describe what he or she is drawing. The other person has to draw too while listening to the directions of the first person. Compare results!