

Foot Fire (Warm-Up)

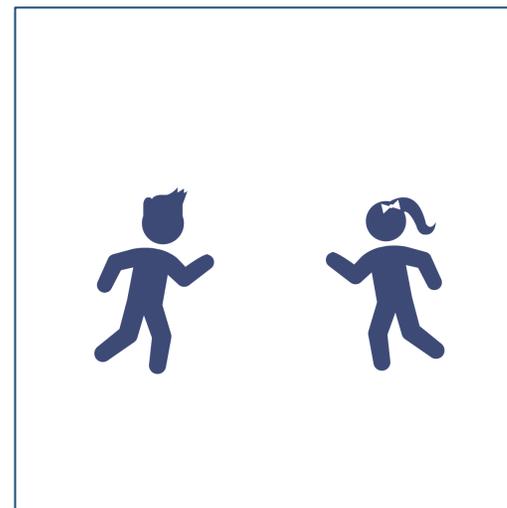
Stuff You Need: Nothing

Players: 2 or more players

The Object of the Game: Move your feet slower or faster depending on the “temperature” of the fire.

How to Play:

1. Decide who will be the leader first and who will run in pace first.
2. The leader starts with the “temperature” cold. Then slowly increases the temperature by saying, “Warmer, warmer, hotter, hotter, FOOT FIRE!”
3. The runner starts running slowly and gets faster as the temperature gets warmer and hotter.
4. On, “FOOT FIRE!” the runner will run in place as fast as possible.
5. After 2 or 3 minutes, switch roles.



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LAPTASTIC

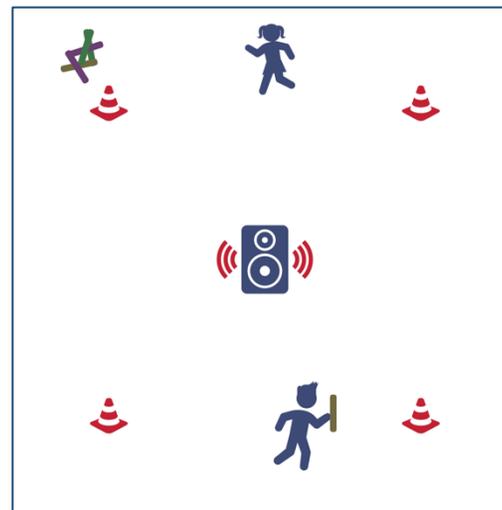
Stuff You Need: Music and a music player. 4 cones (or other markers) to create a jogging loop. Lots of popsicle sticks.

Players: Any number of players. 1 player is the DJ and controls the music.

The Object of the Game: To collect as many popsicle sticks as you can and to hold silly and safe poses when the music is off.

How to Play:

1. Start the music and begin jogging around the loop. When you complete a lap, collect a popsicle stick at the starting line.
2. When the music stops, stop and strike a silly and safe pose. Keep your balance. When the music starts again, start jogging. Continue for 5 minutes.



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Yoga Stretches (Cool-Down)

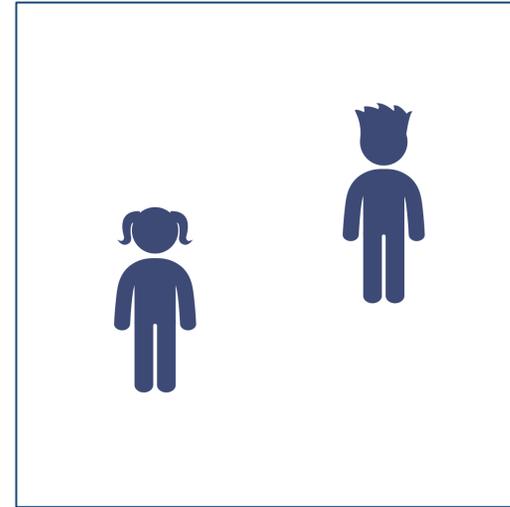
Stuff You Need: Nothing

Players: 2 or more players

The Object of the Game: Complete yoga poses.

How to Play:

1. Perform the following yoga poses:
2. Cat – On hands and knees with flat back, exhale and round the back toward ceiling, inhale and return to neutral position. Repeat a few times.
3. Cow – On hands and knees with flat back, inhale and drop belly toward floor keeping everything else stable. Repeat a few times.
4. Down dog - On hands and knees, stretch your elbows and relax upper back. Press firmly through palms, your toes and lift your knees off the floor, lift back and glutes toward ceiling, and gently try to straighten your legs. Hold this position and breathe.



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RPS Body Language (Warm-Up)

Stuff You Need: Nothing

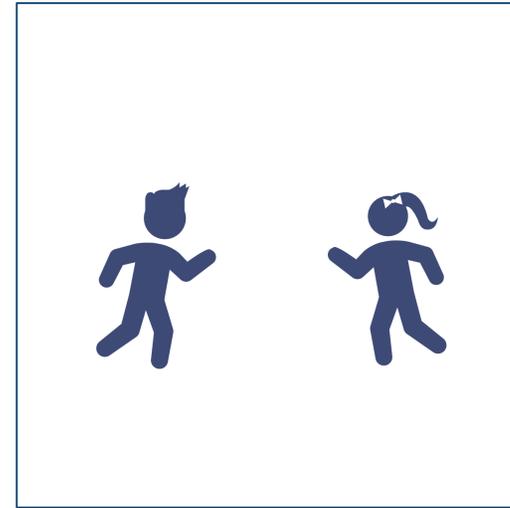
Players: 2 or more players.

The Object of the Game:

- Win as many games of Rock, Paper, Scissors as you can in 5 minutes.

How to Play:

1. Play Rock, Paper, Scissors using “Body Language.”
2. Face your partner, jump 3 times, and choose:
 - a. Rock – Squat and curl up in a ball.
 - b. Paper – Stretch out arms and legs.
 - c. Scissors – Cross arms and legs.
3. Play best 2 out of 3 and then get a new partner if there is one available. Or, start over again. Can you create your own body language moves?



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Moving Mountains

Stuff You Need: Story script.

Players: Any number of players. 1 player reads the story to the others.

The Object of the Game: Follow the story and complete the moves. Then, create your own story.

How to Play:

1. One player reads the story and demonstrates the movements in the story script. The other players watch and follow along copying the movements of the reader.

STORY: One beautiful day, we all took off in an airplane (**stand on one leg extend arms out to the side, fold at the waist and extend other leg out behind you**) and headed toward Hawaii. While on the airplane there was some turbulence (**shake**). As we flew over Hawaii we could see all the trees (**balance pose standing on one leg, other leg bent at the knee and resting on the inner shin or inner thigh of standing leg, arms extended as branches**). As the wind blew, we could see the trees sway back and forth (lean from side to side). While we were in Hawaii we took a hike up a volcano (**stand tall on both feet, arms extend overhead and arms open to create the crater at the top of the volcano**). There were frogs (**crouch down into squat**) and monkeys (**bend at waist, hands flat on the ground**) on the volcano. All of a sudden, the volcano started to shake (tremble and jump) so we ran down to the bottom (**run in place**) and made it safely to the beach where we had a fun day!

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Yoga Stretches (Cool-Down)

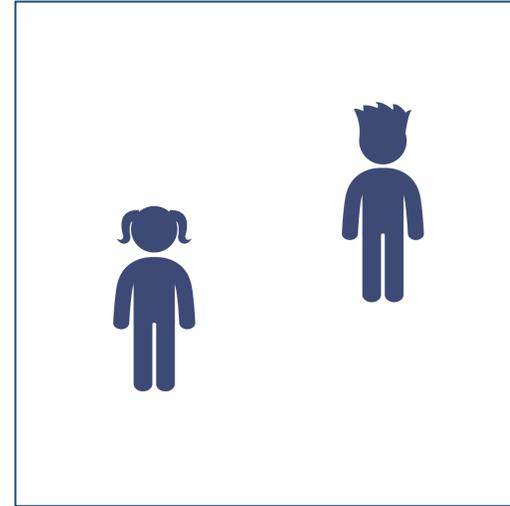
Stuff You Need: Nothing

Players: 2 or more players

The Object of the Game: Complete yoga poses.

How to Play:

1. Perform the following yoga poses:
2. Cat – On hands and knees with flat back, exhale and round the back toward ceiling, inhale and return to neutral position. Repeat a few times.
3. Cow – On hands and knees with flat back, inhale and drop belly toward floor keeping everything else stable. Repeat a few times.
4. Down dog - On hands and knees, stretch your elbows and relax upper back. Press firmly through palms, your toes and lift your knees off the floor, lift back and glutes toward ceiling, and gently try to straighten your legs. Hold this position and breathe.



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