

# Go Be Great!



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## Brain & Body Warm-Ups

WEEK 1

**PERSONAL SPACE:** The area around a person where they feel safe. It feels uncomfortable when someone enters this space.

*To keep everyone safe, we must respect 6 feet of personal space.*

**30-Second Animal Jumps:** [\[YouTube\]](#)

We're going to use the Animal Alphabet Cards to play a jumping game. Each card gives 2 animals choices. While the music plays for 30 second, jump in your personal space. Stay in your 6-foot personal bubble. When the music stops, pick another animal from the next card. It's okay to change your mind during the 30 seconds and jump like the other animal.

[\(Apple Music Interval Track\)](#)

## Purposeful Practice

WEEK 1

**TRUST:** A good feeling you get when you can rely on someone or something.

*We trust that our teachers and classmates will behave in ways that help to keep everyone safe.*

**Animal Charades:** [\[YouTube\]](#)

Stand inside your 6-foot bubble. The object of this game is to silently act like an animal so that your classmates can guess what it is. Take turns guessing and acting like animals. If you need help thinking of an animal, use the Animal Alphabet Cards.

## Just for Fun (and health)

WEEK 1

**ENJOY:** To have a fun time. We enjoy playing physical activity games.

**HEALTH:** Free from sickness and injury. Feeling physical, mental, and social well-being.

*We enjoy physical activity and it helps to protect our health.*

**Animal Dance Party:** [\[YouTube\]](#)

I'm going to use the Animal Alphabet Cards to pick animals that will come to our dance party. You can use these cards to have dance parties in your home. When I hold up a card, everyone will dance like the animal I'm holding. If I hold up 2 cards, you can pick which animal you want to be. Remember, stay inside your 6-foot bubble!