BRAIN & BODY WARM-UP

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

• 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 seconds, 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 at any time and jump like the other animal.
BRAIN & BODY WARM-UP

ENTHUSIASM: An important feeling you get when you’re excited about a goal and are motivated to work toward that goal.

Mr. Walker is enthusiastic about being the best teacher he can be.

Invisible Rock Garden

- It’s time to plant an invisible rock garden. When the music plays, we will walk in our activity area and plant invisible rock seeds.
- To do that you have to be 6–12 feet from all other people. Find open space, dig an invisible hole with your invisible shovel, and then drop in an invisible rock seed.
- Cover the hole with invisible dirt, and water it with invisible water.
- It’s not a race. Plant 5 invisible rocks while music plays.
PURPOSEFUL PRACTICE

**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**

- 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.
PURPOSEFUL PRACTICE

PERSONAL BEHAVIOR: The actions of an individual person.

Ms. Wilder taught us to take responsibility for our personal behavior.

INVISIBLE ROCK COLLECTOR

• WOW! Our invisible rock garden grew really fast! Now it’s time to collect our rocks.
• Put on your invisible backpack. When the music plays, walk in the activity area and carefully pick up invisible rocks and place them in your backpack.
• To do that you have to be 6–12 feet from all other people. Find open space, squat down by bending your knees and lift the rock into your pack.
• It’s not a race. Collect 5–10 invisible rocks while music plays.
JUST FOR FUN (AND HEALTH)

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


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

ANIMAL DANCE PARTY

- 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!
JUST FOR FUN (AND HEALTH)

RESOURCE: The supplies, opportunities, and support that a person can use in order to do a job or live productively.

Kendra can go to a park near her house to walk with her family. It’s a great resource that she can use to be physically active.

INVISIBLE ROCK BUSTER

• Now that we’ve collected our invisible rocks, it’s time to break them into invisible pebbles.
• To do that, take 1 invisible rock out of your invisible backpack. Place it inside your personal 6-foot bubble.
• Jump on it 5 times — straight up and down. After you’ve busted an invisible rock, get a new rock and start busting again.
• Make as many pebbles as you can while the music plays.