

# ***Go Be Great!***

## **Menu Activity Cards**



### **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 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 at any time and jump like the other animal.



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### **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.



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### **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.



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### **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.



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### **JUST FOR FUN (AND HEALTH)**

**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**

- 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!



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### **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.

