



ACTIVE CLASSROOM

ACTIVITY CARDS



30-SECOND ANIMAL JUMPS

- We're going to use the Animal Alphabet Cards to play a jumping game.
- Each card gives 2 animal 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.

EMOTION: A natural feeling that happens because of a specific situation or in a specific environment.

*Happiness is a good **emotion** that everyone wants to feel.*

