ELEVATOR GAME

• Let’s get our bodies moving with the Elevator Game. Stand tall with your feet shoulder-width apart.
• We’re going to go from the 10th story of a building (standing tall), down to the ground floor (squat position).
• But, as we slowly go down on the elevator, we’re going to have to stop and go back up to get things that we have forgotten.
• Follow along with my story to go up and down on the elevator.

GOAL: The reason for a person’s effort. The desired result.

Lucy’s goal was to finish all of her homework before the weekend.