



ACTIVE CLASSROOM

ACTIVITY CARDS



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.*

