


OPEN Snowman Games

a #TeachersHelpingTeachers project 

FOR ACTIVE CLASSROOMS

Happy Snowman

Grades: K-5 [[YouTube](#)]

EQUIPMENT

- Snowman Piece Cut-out Template
- Happy Snowman Exercise Chart
- Bean Bags (or Paper Ball)

SET-UP

- Provide students time to cut out snowman pieces.
- Display Exercise Chart for all students to see.
- Place snowman pieces on a chair.
- Students stand 10 paces away from the chair holding a bean bag.

OBJECTIVE

- To toss a bean bag on a chair in order to collect all pieces of the snowman.

DESCRIPTION

- Today's Activity is called Happy Snowman. The objective is to successfully toss your bean bag onto your chair and collect pieces of your snowman.
- On the start signal, perform an underhand toss. If your bean bag lands on the chair, collect both your bean bag and 1 piece of your snowman.
- Each piece is numbered, but you can collect them in any order. After returning with your snowman piece, perform the exercise matching the piece number that is listed on the chart.
- Continue until you have collected all pieces and assembled your Happy Snowman.

NOTES FOR TEACHER

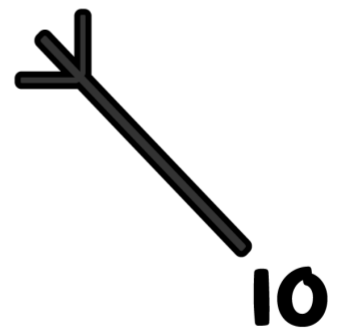
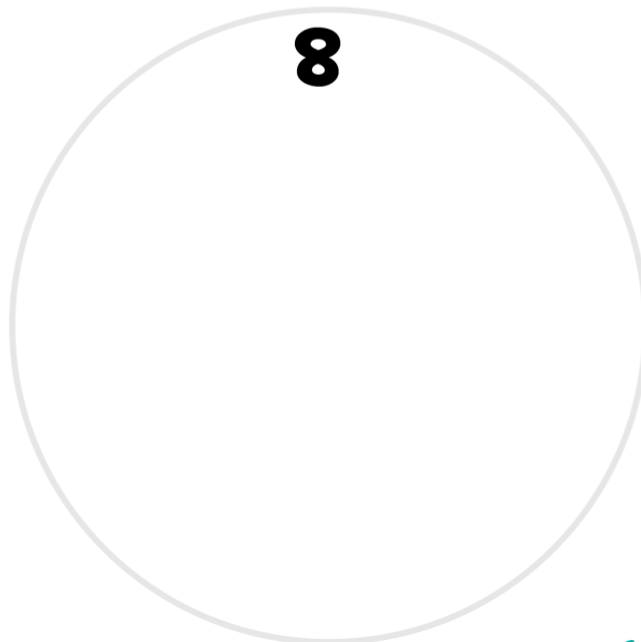
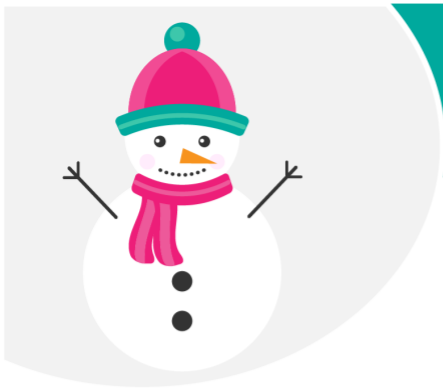
- Challenge students to use different locomotor movements when retrieving their bean bag.
- If time permits, students can glue their snowman onto a piece of paper and color with crayons.

AT HOME VARIATION

- Students can play with a sock ball.

Activity Contributors:	<i>Morgan Winchell</i>	<i>New Boston Central</i>	<i>New Boston School District (NH)</i>
	<i>Rita Beardsley</i>	<i>Harrison Avenue School</i>	<i>Harrison Central Sch District (NY)</i>

Snowman Parts





Exercise Chart

Each piece of the snowman is numbered.
Perform the exercise after collecting the snowman piece with that number.

Number	Exercise
1	1 Burpee
2	2 Mountain Climbers
3	3 Desk Push-ups
4	4 Sit-ups
5	5 Squats
6	6 Shoulder Taps
7	7 Crab Kicks
8	8 Lunges
9	9-Count Plank
10	10 Jumping Jacks

Debrief Question:

Have you ever built a real snowman?

If YES, tell us the steps you had to follow to build the snowman?

Snowflake Pass the Praise

Grades: K-5 [\[YouTube\]](#)

EQUIPMENT

- Copies of Snowflake Pass the Praise Template
- Download “Let it Snow” from [iTunes](#)

SET-UP

- Students write their name at the center of the Snowflake.
- Students then crumple their snowflake into a paper ball.

OBJECTIVE

- To pass and catch snowflake-snowballs while music is playing and offer praise when the music stops.

DESCRIPTION

- When we offer praise or compliments to others it fills their emotional buckets. In today’s activity we are going to write positive messages for others on their snowflake. This will help us practice the act of giving and receiving praise.
- When the music starts, find a partner. Count 1, 2, 3 together. On 3, toss your paper balls into the air so that you can catch each other’s tosses.
- After you make a catch, keep your partner’s snowflake and continue finding new partners while the music plays.
- When the music stops, sit down at your desk and open that paper ball that you are holding. Write a compliment, some words of praise, or positive message for the student whose snowflake you have. Then ball up the snowflake and get ready for the next round.
- After 8 rounds you will get a chance to read everything that is written on your snowflake!

NOTES FOR TEACHER

- If your school policy doesn’t allow you to have students share equipment, save this activity for next year.
- If students end up with their own snowflake during any of the rounds, encourage them to write something positive to themselves!
- Use this activity to reinforce science concepts, such as how snowflakes are formed.

AT HOME VARIATION

- Challenge students to find various ways to perform self-tosses. Here are some ideas: feet together, feet apart, under the leg, and behind the back. The possibilities are endless!

Activity Contributors:	<i>Elaine Harmon</i>	<i>West Gate K-8th</i>	<i>St. Lucie County (FL)</i>
	<i>Shayle Ehlers</i>	<i>HC Davis Elementary</i>	<i>Cut Bank School District 15 (MT)</i>



Snowflake Praise

Write something nice about the person named on this page in one of the snowflake bubbles.

A large, stylized snowflake graphic is centered on the page. In the middle of the snowflake is a hexagonal shape containing the word "Name" in blue text. Surrounding the central snowflake are six large, empty circles, each connected to the snowflake by a thin line, serving as bubbles for writing praise.

12 Days of Whoville

Grades: K-5 [[YouTube](#)]

EQUIPMENT

- 12 Days of Christmas Song

SET-UP

- Use the 12 Days of Whoville Lyrics and Script (*Page 2 of this document*).

OBJECTIVE

- To move through the actions for each of the 12 Days of Whoville

DESCRIPTION

- The Grinch isn't going to take the joy of the season away this class! We are going to use our bodies to act out different movements for the 12 Days of Whoville.
- When the music begins, follow along!

Activity Contributor: Kim Walker-Smith OPEN National Trainer Austin (TX)

12 Days of Whoville

On the 1st day in Whoville the Grinch gave to me – **A heart As big as a Tree**
(move your arms in the shape of a heart up and above head and down to waist)

On the 2nd day in Whoville the Grinch gave to me – **2 Max pushups**
(Do 2 pushups and then quickly get back up OR if no space to do pushup - pump arms twice up in the air)

On the 3rd day in Whoville the Grinch gave to me – **3 Ringing Bells**
(An arm action of ringing hand bells)

On the 4th day in Whoville the Grinch gave to me – **4 Stuffed Stockings**
(pretend to put socks on each foot)

On the 5th day in Whoville the Grinch gave to me – **5 Roast Beasts**
(sing loud, stretch out arms and on the word “Beasts” beat your chest repeatedly like Tarzan)

On the 6th day in Whoville the Grinch gave to me – **6 Cindy Lou Whos**
(make pretend ringlets in your hair from your ears to the length of your arms)

On the 7th day in Whoville the Grinch gave to me – **7 Who’s a Singin**
(sway arms held out to your side)

On the 8th day in Whoville the Grinch gave to me – **8 Noisy Toys**
(Clap your hands, stomp your feet to make as much noise as possible as you sing)

On the 9th day in Whoville the Grinch gave to me – **9 Christmas Puddings**
(using hands, pretend to be eating pudding)

On the 10th day in Whoville the Grinch gave to me – **10 Tinsels Trimming**
(Using arms, hands, fingers- make waves in front of body to signify what tinsel hanging would look like)

On the 11th day in Whoville the Grinch gave to me – **11 Pairs of Shoes that fit**
(say the words fast to fit with tune and click your heels together to beat)

On the 12th day in Whoville the Grinch gave to me – **12 More Whos a Singin**
(same as action #7)