

Stories in Motion

In-Class Activity Breaks

Continue each bulleted activity or set of activities for 15-30 seconds.

Camping Out

- Tonight we are going camping! First, we have to grab our backpacks and walk to our camp site. The campground is just over that hill. Pump your arms and hike with big steps as we head up this dirt path. Almost there!
- What a challenge it was carrying our heavy backpacks to the top of the hill. What a view (hand shading eye and turn side to side) this is from the top, now let's run down! Be careful not to trip on the sticks on the path.
- I think if we cut through this prairie grass, we'll get to the camp ground faster. We just need to lift our legs high as we walk. This grass has grown so much. Just a little bit further and we'll be there.
- We made it! First we need to set down our back pack and put up our tents. Spread the tent out, reach high to the sky to attach the tent to the poles, and pound the stakes in the ground.
- Now that the work is done let's play Frisbee. Throw it as far as you can across the grass. Wow! What a throw. Let's run over there to get it. Try to throw it to your friend this time. Have them throw it back and jog over to catch it!
- Now let's walk to the lake to go fishing. Cast out the fishing pole, and reel it back in until you have a catch. Don't give up! Try a few times.
- Jog back to the campsite and start the fire. Walk to the wood pile to pick up some logs from the ground. Get a big armload and carry them back to our camp site. Walk back to the pile and carry more logs.
- .Now it's time to roll out our sleeping bag climb in. Good night!