

# Stories in Motion

## In-Class Activity Breaks

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

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### Helping on the Farm

- Today we are helping on the farm. There is a lot to do, and things are going to get dirty, so let's put on our farm clothes. Don't forget your hat!
- First, we have to feed the horses. Pick up these full buckets of corn and pour it all into the trough.
- Now, we need to help the farmer herd cattle. Hold the herding sticks out to your side and keep the cows from moving past you! Here they come! Shuffle side-to-side to keep them from getting by. Good work.
- While we are in the pasture, we need to chop down this old tree. Pick up your axe and swing it at the base of the tree. Now, chop on the other side. This huge tree will take several swings. Keep chopping. The tree is falling down. Quick, set down your axe and run! That was close.
- The farmer needs help picking up rocks now, so grab your gloves and push the wheel barrow over toward the barn yard. Bend down and pick up as many rocks as you can find and set them in the wheel barrow. Great!
- Next, we need to climb up this ladder to get to the top of the barn. Now, carry these bales to the other side of the barn where you can stack them all against the wall. You will have to stack some by reaching high.
- After all this work, let's play with the dog. Throw the Frisbee to her! When she brings it back, throw it out again! Oh no! She is running with our Frisbee. Chase her!!!
- Whew! She can ran fast. I'm glad the Frisbee is back. What a fun day! It's time to go home now, but hopefully we can come back soon to work AND play.