In-Class Activity Breaks

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

Jungle Safari

- Today we are going on a jungle safari. <u>Climb</u> out of the bus and <u>walk</u> to the entrance.
 First, we have to <u>balance</u> as we <u>walk</u> across the rope bridge. Keep one foot in front of the other, and try not to fall off.
- We made it! Now, we need to <u>climb</u> this tree. Use your arms and legs to pull yourself up. I want to get a nice picture of all of the plants and animals. Perfect! Great picture! Very carefully, jump down onto the ground.
- Oh no! That lion must have heard us. <u>Run</u>! He is coming after us!
- <u>Duck</u> under the edge of this giant rock and maybe the lion will leave us alone. Shh! Be very quiet. Whew, that worked!.
- Now, we have to cross this alligator pond to get to the other side of the jungle. Carefully and quietly <u>hop</u> from rock to rock. Do not fall in, those alligators look hungry today. Whew, that was close!!
- I want to see more animals, but I think we have to climb this hill first. Let's start <u>hiking</u>, be sure to <u>pump</u> your arms.
- We are almost there, let's use this rope to <u>pull</u> us up to the top of the hill. Now <u>look</u> through your binoculars to search for any animals.
- Look! There they are! Quick, <u>run</u> with me to see them! We should probably <u>stop</u> here before we get too close. <u>Push</u> the leaves of the plants out the way to get a better view.
- WOW! The day flew by, hopefully we can have another jungle adventure soon!

TEAM NUTRITION TO IOWA