

Stories in Motion

In-Class Activity Breaks

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

Through the Seasons

- In Fall, leaves fall from the trees. Put on your jacket and tie up your tennis shoes. The ground is covered in leaves. Rake them up into a big pile. Get a running start and jump in the crunchy leaves. Now let's play a game of touch football. Hut. Hut. Hike. Go long. Throw a pass and then catch it and run down field. Touchdown! Show me your victory dance. Fall is a time for the last harvest of apples and pumpkins. Reach up high to get apples from the trees and then reach down low to pull pumpkins from their vines.
- It is getting colder outside and the trees are bare. Winter must be here. Put on your snow suits, boots, gloves and hats. Let's walk our sleds up this big hill and then slide down. Hold on to tight! Roll some snow balls and stack them into a snow man. Let's go over to an even bigger hill. Put on some skis and grab some ski polls. Here comes the ski lift. Sit down to ride it to the top of the hill. Now stand up and ski down. Turn your knees from side to side to steer yourself back and forth.

The snow is starting to melt and the days are getting longer. Spring is coming. April showers bring May flowers so put on your raincoats and grab an umbrella. Splash around in the puddles. Let's practice some basketball. Dribble the ball with your right hand and then your left hand. Shoot a basket! Now, take a deep breath and smell the spring flowers. Bend down low to pick some!

- It is getting really hot now. Summertime! Wipe the sweat off your brow and put on some sunscreen. Let's walk down to the water. Put on a life jacket and carefully get in to a canoe. Pull your paddle through the water to move the canoe forward. Cast out your fishing poll. Let's see if anything is biting. Reel in your line and then paddle back to the shore.

We can active all year round!