Learn with a ball toss

If your learners are able to catch a simple toss, put them in a circle. Then think of a way to incorporate learning with a ball toss. For example, you can throw a ball to a student and name a word. Then s/he names a rhyming word and tosses the ball back to you. Toss it to another student with a new word for him/her to rhyme.

Move like an animal

You’ll need some open space, but this is a great way to get kids using new muscles. Here are some ideas:

- Move like a bird (run with arms outstretched)
- Move like a snake (wiggle on tummies on the floor)
- Move like a bear (walk on all fours)
- Move like a frog (get down on haunches and hop)
- Move like a kangaroo (take big leaps with arms in front of chest)
- Move like an elephant (with heavy stomping)
- Move like a penguin (waddle with ankles close together and arms pinned to sides)

Have fun with painter’s tape

**Painter’s tape** is one of the best inventions ever. It goes on (and comes off) easily – whether you’ve got a smooth floor or a carpeted one (but be sure to test it first just to be sure). And there’s so much you can do with it! Put it on the floor like a ladder. Then have students see how many rungs they can jump. Can they jump farther with a running start?

Play indoor hopscotch

I really think painter’s tape is the way to go on this one. Create a simple hopscotch board with numbers. Then have students toss a bean bag on a space and jump to get there. Another idea is to use **cardboard squares** that you can pull out at any time.

Tip: Change the skill that learners review with hopscotch; instead of putting numbers on the squares, consider letters, shapes, or sight words.

Copy me!

This is where you can get in your workout for the day. Simply do a series of exercises or silly actions, and have your students copy you. Jump like a kangaroo. Scratch like a monkey. Run in a place. (Whatever it takes to get that heart rate up!)

Create a wiggle jar

Print action cards and place them in jar. When your students need a movement break, pull a few cards for everyone to do. Here are some ideas for a preschool wiggle jar:

- Jog in place while you sing the alphabet.
- Touch the sky and then your feet five times in a row.
- Pretend you’re playing the drums.
- Fly around the room like a bird.