

Suggested Levels: 6-12

Time: Less than 5 minutes

Foundation: Hand/eye coordination

Equipment: None needed

Objective: Promotes movement to refocus the brain while allowing students to get to know each other

better.

Description: Ask students to go to a corner of the room based on their favorite food (assign each corner a food option). Example- Go to the front, left corner if you prefer Italian food. Go to the front, right corner if you prefer Mexican food. Go to the back, left corner if you prefer seafood. Go to back, right corner if you prefer Chinese food. Have them high-five each person in the corner with them. Repeat by asking students to go to a corner of the room based on their favorite season (assigning each corner an option). Repeat as many times as you would like using different questions.

Question Ideas:

Favorite animal: dog, cat, bird, cow

Favorite holiday: Thanksgiving, Halloween, Christmas, Valentine's Day

Favorite color: red, blue, green, yellow

Favorite vegetables: corn, lima beans, potatoes, squash

Favorite food: Italian, Mexican, seafood, Chinese

Favorite ice cream: chocolate, strawberry, vanilla, mint Favorite type of movie: drama, comedy, scary, action Favorite fruit: strawberry, grapes, cantaloupe, raspberry

Favorite instrument: guitar, violin, piano, drums Favorite sport: football, baseball, hockey, basketball

Favorite vacation destination: beach, ski resort, Disneyland, historical landmark

Source: Modified from Kidsfit www.abllab.com

