



Follow the Leader

Review

Suggested Levels: 5-12

Time: 5-10 minutes

Curriculum & Movement Integration

Equipment: none needed (study guides or flash cards can be used by group leaders)

Objective: Promotes movement to refocus the brain while integrating classroom curriculum .

Description: Place students into small groups of 3-5 people. Designate a group leader for each group. The leader walks around the room and the other members of the group must follow. The leader calls out a vocabulary word. The group must give the definition.

Modification: This exercise can be modified for all subjects. Get creative!

Source: *Modified from Kidsfit* www.abllab.com