

## Classroom Activities



# Trading Places

Suggested Levels: 5-12

Time: Less than 5 minutes

Foundation: Cardio, Proprioception

Equipment: none needed

Objective: Promotes movement to refocus the brain while practicing key foundations.

Description: Have students stand behind their chairs. Call out a characteristic or trait. Everyone who has that trait must trade places with someone else that has that same trait. For added movement, instruct them to hop while trading places. The students without that trait stays where they are. Once students with those traits have traded places, call out another trait.

Trait Ideas:

- Everyone with brown hair
- Everyone wearing sandals
- Everyone that has eaten pancakes in the last two weeks
- Everyone that is wearing a t-shirt
- Everyone that has a birthday in March, July, or October
- Everyone that has an older sibling
- Everyone that has a pet
- Everyone that likes scary movies
- Everyone that has curly hair
- Everyone wearing stripes
- Everyone slept at least 7 hours last night
- Everyone that has a birthday month that starts with "J"
- Everyone who can wiggle their ears
- Everyone who can say the alphabet backwards
- Everyone that can juggle
- Everyone that has a younger sibling

Source: Modified from Kidsfit [www.abllab.com](http://www.abllab.com)