

# PHYSICAL ACTIVITY for PHYSICAL DISTANCING THAT'S ME!

**Suggested Levels:** PreK-7

**Time:** 1- 5 minutes

**Equipment:** NONE

*Objective: Promotes movement to refocus the brain while maintaining physical distancing.*

**Directions:** Teachers will read off a series of quick statements. These can pertain to a particular subject area or be completely random and fun. Students should be seated and instructed to march their feet. If the statement is TRUE for the student, they have to wave their hands in the air, say "That's Me!," and put their hands back down. Explain to the students that they have to listen carefully because you are going to go fast.

Examples:

#### Wave Your Hands If...

- You love summer
- You have ever been to the beach
- You have made a sand castle
- You've been swimming in the ocean

#### Wave Your Hands If...

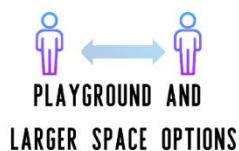
- You love football (soccer, baseball, basketball, etc.)
- Your favorite team is the \_\_\_\_\_
- You know the words to the National Anthem
- You have been to a game in the last year

#### Wave Your Hands If...

- You like vegetables
- You know that vegetables are good for your body
- You have eaten a vegetable today
- Your favorite vegetable is \_\_\_\_\_

#### Wave Your Hands If...

- You like animals
- You have been to a zoo
- You have a pet
- Your favorite animal is \_\_\_\_\_



If space allows, have student stand up and perform a jumping jack.