



SCISSORS



NOTEBOOK



ERASER



15 minutes



Outdoors



Moderate

WHAT'S IN MY BAG?

ACTIVITY

Initial questions: What do you have in your bag? Are those things useful? Which one is your favorite?

Teacher's task: Place yourself in front of the class and represent different classroom objects that children have to guess. Kids have to imitate these movements until the object has been guessed. Next, pick one student, at random, who then selects another item for the class to guess. Then he/she moves towards the front of the class, represents the object and imitates the movement until the class guesses correctly.

Begin each activity by asking: "What's in my bag?". Students repeat.

1. Pencil: Skip 10 times with your arms extended over your head like forming the tip of the pencil.

2. Eraser: Knees bent half way, move the hips from one side to the other like erasing the floor with the feet, for 10 seconds.

3. Scissors: Skip, separating legs and crossing them, while lifting your arms over the head for 10 seconds.

4. Ruler: On the floor, stretch out completely and maintain the position for 10 seconds.

5. Notebook: Pull-ups with raised legs for 45°.

Suggestions: Include additional classroom objects and change the way children move, like for example, skip with one leg, crawl, run with your knees raised, etc.

