

Stories in Motion

In-Class Activity Breaks

Continue each bulleted activity or set of activities for 15-30 seconds.

A Trip to the Zoo

- Hi! Today we are going to the zoo. Put on your shoes on and start walking!
- I'm so excited, I can hardly stand it! Let's jog, so we get there faster! Keep your arms close to your body and stand tall. Come on, faster!
- We're here! The giraffes are up ahead. Let's try to reach up to touch the giraffe. Maybe if we jump, we can get a little closer. Ready? On the count of three. One ... Two ... Three ... jump!
- Wow! Look at those fish. Let's pretend we are swimming with the dolphins. We can do the front crawl and the back stroke. Now, plug your nose and wiggle under water.
- I see the flamingos over there, and they are standing on one leg! Let's try that. Can you close your eyes while you do it?
- Let's imitate the monkeys. They are bending down to pick up a banana, and then they jump up in the air!
- Look at all of those birds! Lift up your arms and fly like them!
- Now, put your hands together and slither like a snake.
- Just for fun, imitate your favorite animal. I'm going to waddle like a penguin. What animal did you choose?
- Before we leave, let's get on the train for a final trip around the zoo. Pull on the bell to make the choo-choo noise! Now, move your feet quickly to help the train move!