

Mission:

45. Exercise, Exercise

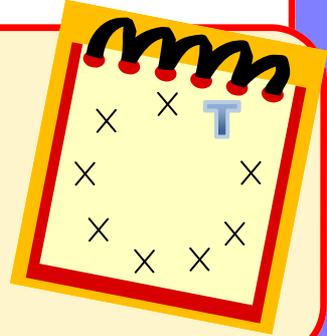
ORGANIZATION:

Music: N/A

Materials: None needed

Books: *Max Exercises* by Guido Van Genechten

Set up: Children form a large circle with enough room to move on their carpet spots



This chant encourages children to think of their favorite exercise and share it with the group. It begins with this simple chant:

“Exercise, Exercise, (show your muscles) let’s see your exercise (stretch arm out and point to group).

Stretch high, (reach high), stretch low, (stretch down low) let’s see how (child’s name) exercise will go.”

A child performs their favorite exercise and peers follow.



VARIATIONS:

A stack of exercise cards could be added and children could choose a card from their pile and perform the exercise they choose.

EXTRA TIPS:

Make sure children have enough room to move, and you may want to make a rule that each child has to perform a different exercise.