

As if...

Source: Adapted with permission from the North Carolina Department of Public Instruction (www.ncpe4me.com)

Equipment: list of instructions
microphone (for large groups)

Space: participants need a small amount of space

How to:

- Have participants stand up and start by marching on the spot.
- Tell them to do the actions as you describe them for 10 to 15 seconds.
- Make up your own list of activities that participants can act out.
- Make use of your space if you have room to move.
 - March in place and play the drums AS IF you were in a marching band.
 - Reach up AS IF you were reaching balloons in the sky.
 - Walk in place AS IF you are walking through a giant pool of Jell-O.
 - Jump in place AS IF you were popcorn popping.
 - Jog in place AS IF a big bear is after you.
 - Paint AS IF you have a fence to paint.
 - Shake your body AS IF you were a wet dog.

