

Just a Piece of Paper

Source: Adapted with permission from Daryle McCannell, Brandon University

Equipment: list of instructions
music with a consistent, rhythmical beat
CD player
microphone (for large groups)
pen/pencil and a piece of paper for each participant

Space: participants need a small amount of space

How to:

- Begin by instructing participants to write a word or short phrase that makes them want to move or an activity that they like to do.
- Have participants stand up with a bit of space to move.
- Turn on music.
- March on the spot, holding paper in one hand.
- Continue to march waving the paper above head. Switch hands, waving paper on the other side. Pass the piece of paper back and forth, changing hands.
- Bend forward and place paper on the floor about a foot in front of you.
- Change the march to a toe tap, tapping the paper.
- Add a clap. Clap hands and continue to tap toes forward.
- Change arms to a punch out front or a reaching up.
- Bend and pick up paper and crumple it into a ball.
- Go back to a march, moving the paper ball from one hand to the next.
- Move the paper ball from one hand to the next above your head.
- Stop marching and pass the paper ball from one hand to the next around the waist.

- Move hips and waist in a circle as you go.
- Move down and pass the paper ball from one hand to the next around the knees.
- Stand back up straight and lift one knee at a time. Pass the paper ball under one knee then the next.
- To celebrate, hold the paper ball in one hand and throw arms up above your head and shake. Drop hands down to your side then, up again.
- Now, throw the paper ball and pick up someone else's. Throw and pick it up several times.
- Pick up one last paper ball and keep it as your reminder to be active for the day.

