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## LAUGH IT OUT!

Try some laughter yoga to help un-stress your students! Have students stand with feet together, toes apart, shoulders up tall and hands on bellies. Inhale and feel belly expand. As you exhale, force out the air while saying “I, I, Aye, chee wah wah.” Repeat 4-5 times and watch the room fill with laughter! End with “OH YEAH!” and pump your arm in victory.

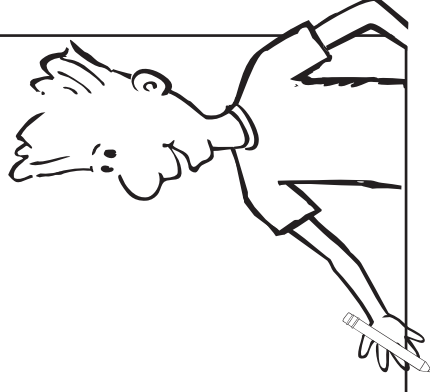


## DETAILED DETAILS!

Give students 30 seconds to think and 1 minute to make a drawing of \_\_\_\_\_. Encourage them to draw for the entire minute and include as many details as possible. Share and discuss the best details!

Suggestions for drawing:

- Snowflake
- Something with stripes
- A favorite vacation spot
- An alien
- A combo of two animals
- A favorite plate of food
- A superhero
- Or whatever great ideas you can think of!



## WIGGLE AWAY!

Starting at your head – wiggle! Kids gradually move the wiggle down their body as you name body parts....Head, shoulders, left hand, right hand, hips, left leg, right leg, left foot, right foot. Invite kids to WIGGLE free form, and then freeze!



## VERY GOOD!

Have students stand. Say: “Very good” (clap), “Very good” (clap), “YAY” (raise hands). Repeat but give students intonation directions each time...slow motion, fast motion, low voice, deep voice, high voice, robot voice, etc. Try it with different words: “You’re amazing” (clap), “I’m amazing” (clap) “Woo Hoo” (raise hands).

