

Theme of the Day: **GO**



Educational Resources- Preschool/Primary Level

Activity 1: How do you feel?

Subject: PE

Prep Time: 0 min

Activity Time: 1 class period

Activity Description:

The PE teachers will talk to the students before their regular PE class about how they are feeling. Ask if they are happy, sad, tired, energetic, cloudy minded, clear minded, etc. Ask the student to just get an idea in their head of how they feel before they exercise. Then, do a regular PE class (outside if possible), making sure you have some stretching and cardio aspects to the activity.

End a few minutes early so you can talk to the kids about how they feel after they exercise. They should feel more awake, clear minded, etc. Explain that activity makes you happier because your blood is circulating and oxygenating, and students are getting healthier. Explain that before you exercise you might feel ok, but after you should feel great. During can be difficult, but you should always take pride in the fact that you did it and are healthier because of it!

Activity2: Take it outside!

Subject: Any

Prep Time: 0 min

Activity Time: Up to 1 class period

Activity Description:

Teachers choose a lesson that can be done outside. Writing, reading groups, math lesson with dry erase boards, natural science lesson using the outdoors, spelling kick ball, art class-drawing nature, music singing or playing easily movable instruments, foreign language practice outside, etc.

Explain to the students that changing it up can be a good idea to give you a fresh perspective and allow you to enjoy what you are doing if you are in a different environment.

After you have finished the class, ask the students to think about how they can make learning more fun on their own. Can they do homework or read a book outside? Can they try to earn more “outdoor learning time” in class with good behavior and attitudes?

*** Spelling kick ball- The teacher is “server”. The teacher says a word before she serves the ball. Student must say the word, then spell it as it is rolling. If they get it right they can kick and run. If they get it wrong the whole team spells it correctly out loud.**

Share your photos and experiences @givesevendays on Facebook, Twitter, and Instagram using the hashtag #givesevendays. To share more detailed events email info@givesevendays.org with your school name.