

Duck, Duck, Goose
Suggested For: K – 2nd Grade
Length of Activity: 5 Minutes – 10 Minutes

How to Play:

- One student is chosen as the fox and walks around the group, lightly touching each player on the shoulder while saying “Duck,” with each touch.
- When the student says “Goose”, the person who was touched gets up and tries to tag the fox.
- Once the fox picks a goose, s/he is trying to run around the circle and sit down where the goose was.
- If the fox gets tagged, s/he goes into the middle, the cooking pot, for one round.
- The goose then becomes the next fox and another round begins.
- *Optional: Have students hop, crawl, and “penguin walk” around the circle.*

Running through the Forest
Suggested For: K – 2nd Grade
Length of Activity: 5 Minutes

How to Play:

- Tell the students to imagine that they are not on the yard, but that they are in a forest.
- Explain that the class is going to be explorers going on a walk through the forest using their imaginations.
- Have all the students walk in place
- while you describe the trip the class is taking through the woods.
- **Say:** I want everyone to pretend we are walking through a forest. Let's walk in place. Look to your left and notice the tall trees. Look to your right and notice a big lake. As we are walking, you can hear the leaves crunch underneath our shoes. What's that? I think I hear something. *(Have the class stop marching in place)*. Shhh, let's be very quiet. *(Make sure everyone is very still)*. Uh Oh....there is a big bear chasing us. **RUN!** *(Tell the class to run in place, moving their arms.)* Keep going, we're almost to the river! Phew. Great job everyone. We can slow down and march in place again. How does everyone feel? That was a close one. There's shelter on the other side of the river, but to cross it we need to jump on these stones. *(Have students hop in place each time you say "Jump!" pretending they are jumping on stones to cross the river)*. Jump! Oh don't slip! We don't want to fall into the river. Jump again! Great, we cleared the 2nd stone. Two more to go...Jump! Awesome— just one more! Get ready...and...Oh no! We fell into the river. We'll have to swim the rest of the way! *(Pretend we're swimming)*. Just keep swimming! Almost there...and great! Whoa, glad we all made it. Let's sit down and relax. What did everyone think of our trip? Did everyone have fun?
- **Optional:** Create your own imaginary story.

Dance Freeze

Suggested For: 3rd – 5th Grade

Length of Activity: 10 Minutes

How to Play:

- In this activity, students dance as the music plays.
- When the music stops, each student must freeze immediately and hold that position until the music begins again.
- If a player does not freeze immediately, s/he does 10 jumping jacks during the start of the next round and then rejoins the dance.
- Since this is an aerobic game, it is better students do not get “out.”
- *Optional:*
 - *Assign students as a look-out and have them pick out a unique dance move. When the music stops, they demonstrate the move for everyone; the group tries the new move at the start of the next round.*
 - *Rather than have students do 10 jumping jacks, have them do something else: squats, knee lifts, “The Hulk” or other Instant Recess® moves.*

Rhythm Detective
Suggested For: 3rd – 5th Grade
Length of Activity: 10 Minutes

How to Play:

- A person is chosen to leave the room.
- A student in the circle is chosen to start a rhythm with their hands, feet or body.
- Everyone in the circle copies the rhythm.
- The leader of the rhythm can change it every few seconds and the rest of the group changes as well.
- The person who has been out of the room returns and tries to notice who is leading the rhythm.
- They have three guesses.
- If they guess, the leader of the rhythm becomes the detective and the previous detective chooses the next rhythm leader.
- If they can't guess in three guesses, they choose the next detective and someone else gets chosen for the rhythm leader.