

WEDNESDAY 2/24/10 : Physical

Topic: Out the Door

Intro: These are both activities that BOPSOP has used in the past. I think they are a great physical activities to share and learn more about yourself.

Instructions:

Out the Door:

Write the names of different jobs on small pieces of paper (for example: chef, farmer, orchestra conductor, scientist, cab driver). Fold the pieces of paper and drop them into a hat. One player is the guesser and goes "out the door," leaving the room. Now, the other players choose one job from the hat. The group calls the "guesser" back into the room. Without talking, the group acts out their job and the "guesser" has to figure out who they are.

Get attached:

Description: act as one person while they have to do simple activities like a mini obstacle course and everyday tasks. The obstacle course consists of tying your shoe, putting on some sort of clothing, and a three legged race. The last task will be to have their partner write a story about one another and talk about their experience in the activity. The kids will be bound throughout the day with zip ties at the foot and rubber bands at the wrists.

Materials: a hat, zip ties, rubber bands

Prep: write down the activities on pieces of paper.