



Changing places

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Change places
in the classroom.



Rock-paper-scissors

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With a pair, use your bodies
to form the shape of a rock,
paper and scissors.
Repeat 5 times.



Skilful walking

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Place a book or a pencil case
on your head and walk 5 metres
forward and 5 metres backward
in the classroom.



Balancing

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Rise up on your toes 10 times,
while bringing your arms up
at the same time.



Miracle mirror

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Find a pair and take turns
in inventing 5 different
facial expressions, which the other
one imitates. Take turns.



Swinging

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Stand and move your weight
alternately from your toes
to your heels 10 times.
Balance yourself with your arms.



Flamingo-pose

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Lift one leg, bending it so that the foot rests on the other leg. Stay in this position until you have counted to 10. Try the same with the other leg.



1-2-3

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Find a pair and stand facing each other.

- A) Take turns in saying the numbers 1, 2, 3 aloud
- B) Replace 2 with a clap (1-clap - 3 - 1 - clap -3)
- C) Replace 3 with a squat (1- clap - squat - 1 - clap - squat)



Tiny steps

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Take 10 tiny steps walking heel to toe forward and backward. Try the same with your eyes closed.



Rope pulling

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Imagine a 50-metre-long heavy rope in front of you and pull it towards you. With each effort, you pull one metre rope. Bring your arms in front of you and begin to pull in your own style.



Eye blinking

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Face your pair. One of you (the one blinking) lifts the arms straight in front and the other one goes to stand between the arms. The eye-blinker blinks the eye on the side on which they want the pair to squat down. After having crouched down, the pair again stands up in the middle and waits for a new blink. Change the person blinking every half a minute.



Field glasses

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Put your thumb and index finger together. Turn the palms of your hands to form a pair of glasses. Use these field glasses to see who else is there. Free your hands and repeat five times.