

Theme of the Day: GO



## Educational Resources- K-6th

Activity: Stand Up For That!

Subject: Any

Prep Time: 5 min.

Activity Time: Added into any class period

### Activity Description:

A teacher in any subject can do this activity with a bit of creativity! This method can be used in any lesson where you are having the students give you responses to direct instruction. It is a great activity for review at the end of a lesson. Explain to the students that instead of having them raise their hands to answer a question, you are going to have them do something physical instead. Tell them to listen carefully to the lesson and instructions because you are going to change it up with different questions. Here are some suggestions.

1. Stand up if you know the answer.
2. Hop on one foot if you know the answer.
3. Tap the top of your head if you know the answer.
4. Sit on your desk if you know the answer.
5. Do 3 jumping jacks if you know the answer.
6. Pretend you are jumping rope if you know the answer.
7. Stretch your arms as high as possible if you know the answer.
8. Pat yourself on the back if you know the answer.
9. Do your best dance move if you know the answer.
10. Touch your toes if you know the answer.

This is a strategy meant to break up a long time sitting. Giving the students a moment to move will allow them to refocus. It also helps students concentrate on the lesson by listening for *how* they get to show their knowledge!

Email information or photos of what you did to [info@givesevendays.org](mailto:info@givesevendays.org) or share on Facebook at GiveSevenDays. Please include your school name. Use #GiveSevenDays and #BeTheRipple when posting on social media.