

Activity: The Body Wake -Up Game

- All students come to front of the room or to the activity space if there is one.
- Everyone holds up right hand in front of his/her body and begins to shake it out counting backwards from ten.
- Right hand goes back to the side. Left hand comes up and the same process happens.
- Do the same with the right foot, then left foot.
- Repeat the process counting down from nine
- Continue the process until there is only one shake per hand/foot

At this point, usually there is laughter (and an occasional sandal launched). Students are usually awake with much more enlivened physiology.