**Do As I Say**

Grade Level: K-5

Duration: Approx. 3-5 min.

Location: in classroom near desks or open space (“gathering place”), or outside

Equipment: none

This game requires concentration! Start off slowly -- speak slowly and give just a few commands at a time. Speed up as the activity progresses. There is no elimination for incorrect movements.

Explain to students that you're going to give them a short list of things to do, but that they're not to do them until you've completed the list. Then present such challenges as:

* Jump forward, jump backward.
* Clap twice, blink your eyes, pat your head.
* Turn yourself around, give yourself a hug, touch your toes.
* Touch your knees, touch your head, touch your right elbow, touch the floor.
* Clap twice, blink your eyes, turn around, hop on one foot 3 times, take 2 steps forward

With older, more experienced children, you can extend the list of commands even further. They may not be able to remember the order for a long list of commands, but they'll have fun trying! Vary list of commands based on age/skill level of students.

# adapted from:

*Moving and Learning, The Movement Education Specialists*. (2012, May 26). Retrieved from movingand learning.com: http://movingandlearning.com/Resources/Activities.htm