

EXERCISE: SLEEP/AWAKE

GRADES: Preschool and up

TIME: 5 minutes

SET-UP: This exercise works best in an open space.

SUPPLIES: None

INSTRUCTIONS:

Teacher calls out a number between 1 and 10. Students position their body levels to correspond with that number: 1 is lying down sleeping, 10 is jumping in the air wide awake. As they position their bodies, students repeat the number the teacher called out. The students use a volume that corresponds with the number: 1 is whispering, 10 is shouting.

VARIATIONS: • Add movement as particular characters

- Add music
- Add environments
- Freeze in particular shapes