

# Kinder-5<sup>th</sup> Grade Activities

Week of September 13, 2020

## Take a Snapshot

*Made to Move: an activity that increases the oxygen in the brain and taps into the energy in the body*

What You Need: No Supplies Needed

What You Do:

- **Explain** that today you are going to be playing a game of opposites! It's kind of like "Simon Says," except that when you give the command, kids have to do the opposite!
- **Inform** them that actions will be mixed in with how they treat friends, so they're going to have to think fast and do the opposite.
- **Emphasize** that if they can't think of an opposite, they're out. Or if they follow the command without doing the opposite they're out. The last person standing wins!
- **Check** to make sure they understand by saying, "So if I tell you to stand up, what will you do? (*Sit down.*) If I tell you to bump into your neighbor, what will you do? (*Hug them, high five, elbow bump, etc.*)"
- **Read** the following commands, in any order AND feel free to add your own!!
  - Jump up (opposite: squat down low)
  - Stay down (opposite: jump up)
  - Touch head (opposite: touch toes)
  - Stick tongue out at a friend (opposite: do something nice like bump elbows or high five)
  - Say something mean to a friend (opposite: say something nice to a friend)
  - Stand up (opposite: sit down)
  - Raise right hand (opposite: raise left hand)
  - Stand on left leg (opposite: stand on right leg)
  - Be quiet (opposite: talk)
  - Sing a song (opposite: could be dance or be silent)
  - Making fun of others (opposite: saying kind words to another)

What You Say:

"A powerful way to show love to your friends is to regularly ask God to help you be a good friend to them. Be sure to pray this week for opportunities to show love to your friends in the ways you showed today. **Friends love one another.**"