



Teacher Activity A: Freeze & Melt, Spots & Jacks

Equipment

Poly spots, at least one per child

At least 6 poly stars in different colors

Music

<i>Set Up</i>	Place spots and stars in a large circle on the floor, a child's stride apart.
<i>Trans-In</i>	Children stand on a spot or star
<i>Intro Qs</i>	What do you see on the floor?
<i>Explain The Game: When I say GO!</i>	When the music starts, children move around the circle from spot/star to spot/star. When music stops: If on a spot – they melt to the floor with belly on spot. If on a star – do jumping jacks. When music restarts, continue around the circle.
<i>Trans-Out</i>	Each child picks up one spot and takes it to one end of the space. Collect the stars.
<i>Change Up</i>	For younger children: just use spots. For older children: If on a star – run around the outside of the circle and try to be the first to get back.



Teacher Activity B: Ant Trail

Equipment

3 poly spots per child

<i>Set Up</i>	None
<i>Trans-In</i>	Each child has 1 spot. Give them 2 more.
<i>Intro Qs</i>	Have you ever seen ants on a log? Ants carrying things? Could you be an ant?
<i>Explain The Game: When I say GO!</i>	Child puts 1 spot on ground in front of feet. Step on that spot. Put other 2 spots in a row in front of feet and walk on those spots. Read around and get spots that are now behind and put in front and walk on, continuing to use spots to make a bridge across the room.
<i>Trans-Out</i>	Return spots to storage container.
<i>Change Up</i>	Older children: Give them more spots with at least 2 that are the same color. Cannot put same colors together in bridge. Or make a rule about different colors that cannot be together.