

Recharge!

The Walk

How many different ways can you walk?

Try to walk (in place) like:

a gingerbread boy or girl

a growing pine tree

a fluttering snowflake

a prancing reindeer

a toy soldier who is winding down

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The Walk

How many different ways can you walk?

Try to walk (in place) like:

a busy elf

a melting snowman

a twinkling star

a wooden nutcracker

a twisty candy cane

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Move & Mingle

Write *reindeer*, *snowman*, and *elf* on the board. Have the class decide on an action for each character. Choose a character then mill around the room silently performing the action. Group with others doing your same action. You must keep the character you pick. How fast can you group? Add more characters and repeat.

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Nose So Bright!

Pretend you have a glowing, red nose like Rudolph. Use your nose to spell these words in the air:

toys

snow

Santa

reindeer

Christmas

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Santa Says

Listen to Santa. Say "Santa says..." before each command.

Examples:

Tap your right knee with your left hand.
Touch your left ankle with your right hand.
Lift your left knee and your right arm.
Touch your right heel to your left knee.
Twirl your right foot counterclockwise.

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Rudolph Requests

Listen to Rudolph. Say "Rudolph requests..." before each command.

Examples:

Toss a snowball over your right shoulder.
Draw a figure 8 in the air.
Lift your right knee and your left ear.
Touch your left hip with your right elbow.
Cross your feet and jump to uncross.

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Loading the Sleigh

You need to help load Santa's sleigh. Squat down to your left and pick up a large, heavy gift. Turn to your right and set it into the sleigh. Be careful! These presents are very heavy. Continue lifting presents into the sleigh until you've lifted ten boxes.

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Calming Cocoa

Pretend you are standing at the stove stirring a big pot of hot chocolate. The liquid is hot and bubbly. Use a large spoon to slowly stir. Stir with the other hand now. Feel the warm steam on your face. Take in a big, deep breath. Mmmm. Spoon some into your cup. Sprinkle some marshmallows on top. Now take a big drink. Yum!

Refresh!

Fact or Opinion?

Stand up. Listen to each statement. If it is fact, move to the left side of the room. If it is opinion, move to the right side of the room.

- Reindeer grow a new set of antlers each year. **(fact)**
- Reindeer run faster than people. **(fact)**
- Reindeer are funny looking. **(opinion)**

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Fact or Opinion?

Stand up. Listen to each statement. If it is fact, move to the back of the room. If it is opinion, move to the front of the room.

- Poinsettias are the best Christmas flower. **(opinion)**
- Poinsettias can be pink or white. **(fact)**
- Everyone should like Poinsettias. **(opinion)**

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Fact or Opinion?

Stand up. Listen to each statement. If it is fact, move to the left side of the room. If it is opinion, move to the right side of the room.

- Clement Moore was a good poet. **(opinion)**
- He wrote *The Night Before Christmas*. **(fact)**
- He was one of the first people to describe Santa. **(fact)**

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Fact or Opinion?

Stand up. Listen to each statement. If it is fact, move to the back of the room. If it is opinion, move to the front of the room.

- One of the most popular Christmas songs is *Silent Night*. **(fact)**
- Everyone loves to sing that song. **(opinion)**
- It was first sung in Austria in 1816. **(fact)**

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**Happy
Holidays!**

