

Recharge!

## Time to Hibernate

Choose one student to be Old Man Winter. The remaining students walk slowly around the room like a woodland animal. Old Man Winter comes around and taps each animal and they immediately go into hibernation. When Old Man Winter claps his hands, everyone wakes up again.

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## Tongue Out!

Pretend you are catching snowflakes with your tongue. Use your tongue to spell these words in the air:

*snow*

*icicle*

*January*

*snowboard*

*mittens*

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## Stretchy Statues

Stand and stretch and bend in place until I say "Statue of a \_\_\_!" Freeze in that shape until I say "Stretch!" Then stretch and bend again.

*Examples: snowman, penguin, icicle, skier, skater, snow shoveler, polar bear, snowy owl, New Years baby, crackling fire place*

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## Secret Handshake

Decide on a sneaky, secret handshake. Secretly choose 1 person to be the Jack Frost. Have everyone walk around the room shaking hands normally. If Jack Frost gives you the secret handshake, freeze in your spot. Jack Frost continues shaking hands until someone figures out who it is.

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## Snowman Says

Listen to the snowman. Say “Snowman says...” before each command.

### **Examples:**

***Tap your right shoulder with your left hand.***

***Pull your left ear with your right hand.***

***Touch your right knee and your left elbow.***

***Draw a snowman in the air.***

***Touch your elbows together.***

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## Arctic Fox Asks

Listen to the Arctic fox. Say “Arctic fox says...” before each command.

### **Examples:**

***Touch your left ankle with your right hand.***

***Use both hands to write “fox” in the air.***

***Tickle your left arm with your right thumb.***

***Touch your right heel to your left knee.***

***Rub your left eyebrow with your right hand.***

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## Stir the Soup

Pretend you are standing at the stove stirring a big pot of yummy soup. 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 bowl. Sprinkle some crackers or cheese on top. Now take a big spoonful. Yum!

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## Frozen Faces

Stand as if your whole body is frozen. When your teacher names a body part, begin to move that part without moving the still-frozen parts. If your teacher says, “Freezing!” you have to freeze back up.

### **Examples:**

***Your right thumb is melting, your left knee, your nose, your right shoulder, etc.***

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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.

- The coolest holiday is New Year's Day. (**opinion**)
  - Many people begin resolutions on Jan 1. (**fact**)
  - The Times Square ball drops at midnight in New York City. (**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.

- Snowflakes usually have six sides. (**fact**)
- Everyone loves snowball fights. (**opinion**)
  - The temperature must be below 32 degrees for it to snow. (**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.

- Penguins cannot fly. (**fact**)
- Polar Bears are the cutest arctic animal. (**opinion**)
- Harp seals have snowy white coats. (**fact**)

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## Fact or Opinion?

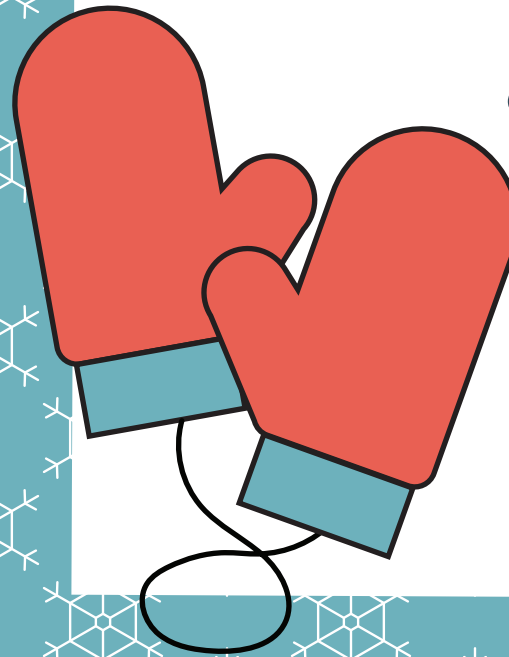
Stand up. Listen to each statement. If it is fact, move to the back of the room. If it is opinion, move to the front of the room.

- Skiing is the best winter sport. (**opinion**)
- The machine that cleans ice in a skating rink is called a Zamboni. (**fact**)
- The snowboard was invented in 1965. (**fact**)

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