

# Energizers

## As If...(EEP-Gr.3)

### Instructions:

Have students stand at their desks.

1. The teacher reads each sentence to the class:
  - Jog in place **as if** a big scary bear is chasing you
  - Walk forward **as if** you're walking through pudding
  - Jump in place **as if** you are popcorn popping
  - Reach up **as if** grabbing balloons out of the air
  - March in place and play the drums **as if** you are in a marching band
  - Paint **as if** the paint brush is attached to your head
  - Swim **as if** you are in a giant pool of yogurt
  - Move your feet on the floor **as if** you are ice skating
  - Shake your body **as if** you are a wet dog
2. Students act out each sentence for 20 – 30 seconds.
3. Students may create their own sentences for additional activities.