

Energizers

Over, Under, Around and Through (EEP-Gr.3)

Instructions:

Students line up around the perimeter of the room (can also be done standing at desks)

1. Teacher decides on a pattern where students go over, under, around and through imaginary or real objects.
2. Lead the line of students around the room, following this pattern.

Example 1 – Over a sea of sticky peanut butter, under a cherry tree, around a bowl of fruit, and through a sea of yogurt.

Example 2 – Over a turtle, under a big dog, around the elephant and through a giraffe’s legs.

Examples of each action:

Over	Under	Around	Through
Steep mountain	Subway	Hard, round rock	Deep, dark cave
Atlantic Ocean	Underground	Your desk	A creaky door
Wiggly bridge	Sand	Chair	Long tunnel
Steep hill	Horse	Circle	Window
Thorny bush	Water	Dirty Trashcan	Haunted house
A puddle	Limbo stick	The school	A swamp
A tightrope	Bridge	House	Spooky hole
A hole	Tree	Campfire	Swimming pool
Rainbow	A desk	The bed of a giant	A sea of yogurt