## Energizers

## Rock! Paper! Scissors! Evolution! (Gr.1-6)

## **Instructions:**

- 1. Everyone <u>STARTS AS AN EGG</u> and waddles around the classroom. If you win the 'rock, paper, scissors' match, you will <u>GROW TO A CHICKEN.</u>
- 2. <u>CHICKENS</u> crouch down to move to find another <u>CHICKEN</u> to play paper, rock, scissors against. If you win the next match, you will <u>GROW TO A DINOSAUR</u>.
- 3. <u>DINOSAURS</u> clap hands while moving around to move to find another <u>DINOSAUR</u> to play paper, rock, scissors against. If you win the next match, you will GROW TO A MONKEY.
- 4. MONKEYS move around hunched over and swinging arms low to move to find another MONKEY to play rock, paper, scissors against. If you win the next match, you will GROW TO A SUPER COOL HUMAN BEING.
- 5. <u>SUPER COOL HUMANS</u> move around by showing your muscles to find another <u>SUPER COOL HUMAN</u> to play rock, paper, scissors against.
- 6. If you lose a match, you stay the same...unless you are a super being then you go back to an egg!

