

ENERGIZERS

Litter Box (EEP-Gr.6)

Instructions:

Have students find a partner and have 1 piece of paper. Have a student roll up the piece of paper into a ball and place it on the floor.

1. Ask the partners to pick up the paper using the body parts called out by the teacher:
 - Elbow and elbow
 - Foot and foot
 - Knee and knee
 - Forearm and elbow
 - Foot and elbow
 - Knee and elbow
 - Forehead and back of hand
 - Toe and finger

Students can place the paper ball back on their desks, or move it to other parts of the room.

Variations:

1. Each student can have his or her own paper ball and play individually.
2. Could be done as a team relay activity, where students hop around their desks with the paper ball between the body parts and pass the paper ball to the next teammate. The last person hops to the trashcan and puts the paper ball in the trashcan.