

Stretch it to Spell it

When to Play: Class Activity



10-15 min.

Where to Play: Shade Structure

Equipment: None

How to Play:

- Spread Players out so they can spin around with their arms out and not touch another Player.
- The Leader starts by calling out letters of the alphabet for Players to create with their body.
- Continue to call letters until all Players get the hang of creating letters with their bodies.
- Hold each letter for 5-10 seconds.
- The Leader then calls out a three-letter word such as "hop."
- Players form a team of three.
- Each Player is a letter and the team works together to spell the word "hop" with their bodies.
- Repeat with different letters, words, or numbers.

Change it up!

Challenge Players with longer words (depending on the number of Players).

Do math problems, such as $2+2=4$, assigning each number and sign to a different Player.

Tips

Number of Players: 3 - 30

This is a stretching exercise. Let the Players hold each pose for 5-10 seconds.

