

# HARC

## Strength and Motion Group *OT Volunteer Binder*



# Table of Contents

- I. Welcome Page and Tips
  
- II. Warm Up/Ice Breakers:
  - 1. Wake up the Five Senses Warm-up
  - 2. Breathing Exercises
  - 3. Stretching Exercises / Functional Screenings
  - 4. Introduce Your Name, Adjective, and Gesture
  - 5. Current Physical Activity Ice Breaker
  - 6. Theraband
  - 7. I Spy
  - 8. Partner Mirroring
  - 9. Partner Yes / No Questions
  - 10. Pass the Ball / Checking In
  
- III. Activities:
  - 1. Tai Chi for Balance
  - 2. Seated Kettlebell Strengthening Exercise (5 lbs weights)
  - 3. Parachute Play
  - 4. Yoga (Chair yoga)
  - 5. Boxing Activity
  - 6. Question Pong
  - 7. Question Flip Cup
  - 8. Pictionary
  - 9. Charades
  - 10. Simon Says
  - 11. Zumba
  - 12. Basketball Shootout
  - 13. Basketball Hot Potato / Musical Basketball
  - 14. Matching Activity
  - 15. Finger Rockets
  - 16. Bingo
  - 17. Table Top Twister with Hands
  - 18. Cha Cha Slide
  - 19. Corn Hole

# Welcome!

Welcome new volunteer! Thank you so much for taking the time to volunteer at HARC. Past Texas Woman's University MOT students have compiled a list of activities for you to choose from if you are having trouble coming up with one. These activities incorporate both language and movement and should last 10-20 minutes each. They can be combined with each other or a warm up!

Some friendly **tips**:

- When communicating with patients, remember to use the whiteboard or a sheet of paper to write down key words.
- Remember to incorporate gestures and nonverbal cues while speaking.
- Activities can be graded up or down.
- Please be mindful of clients' right-sided visual neglect and arm weakness.
- All clients may be on different levels; try to choose an activity that everyone can participate in!

# Warm-ups and Icebreakers

## 1. Stretching Exercises/Functional Screenings

*\*\*\*To help practice your functional screenings, please try to incorporate this quick ROM exercise no matter what activity you choose later!\*\*\**

A warm up can be a great time to practice your functional ROM screenings. The following instructions are commonly used when assessing ROM in hospitals:

1. Raise hands as high as you can
2. Take your arms out to the side → Bring arms back to your lap
3. Now touch your head → Bring arms back to your lap
4. Touch your shoulders
5. Reach around and touch your back

After, you can add in some of these beneficial stretching exercises:



Upper Back Stretch



Chest Stretch



Sit and Reach Stretch



Neck Stretch



Inner Thigh Stretch



Shoulder Circles



Hand Stretches

<https://www.evelo.com/exercises-for-seniors/>

## 2. Wake up the Five Senses Warm-up

Note: Ask collectively as a group. Allow time to process the question. If no one volunteers, pick someone. Ask them to point to things to incorporate movement.

- What are 5 things you can see?
  - Look around you and notice 5 things you haven't noticed before.
- What are 4 things you can feel?
  - This can be with your hands, feet, your body, or anything you can touch.
    - E.g.: Your feet on the floor, the shirt you are wearing, the temperature on your skin, the chair you are sitting.
- What are 3 things you can hear?
  - Close your eyes. What can you hear?
    - E.g.: Air-conditioner, birds, rain, cars driving by, chattering
- What are 2 things you can smell?
  - Carefully breathe in through your nostrils.
    - E.g.: Coffee, scented perfumes or cologne, pleasant/unpleasant smells
- What is 1 thing you can tasted last?
  - E.g.: nothing, saliva, water, coffee, baguette...etc

## 3. Breathing Exercises

5- 10 mins guided mindful breathing awareness with gestures

1. Gesture by pointing to your nose to inhale
2. Gesture by pointing to you mouth to exhale



### Geometric shape breathing awareness

Type on youtube search box on main computer:

“RELAX AND BREATHE: Do

Nothing for 10 Minutes”



<https://www.youtube.com/watch?v=aXItOY0sLRY>

1. Start seated
2. Explain using the whiteboard the concept by writing
  - Breath IN when shape SHOWS
  - Breath OUT when shape GONE

#### 4. Introduce Your Name, Adjective, and Gesture

This icebreaker will get the clients to initiate interaction and participation for the main activity. Participants will need time to think of an **adjective** that starts with the **same letter of their name** (ex. Happy Harmony, Joyful Jessica, Marvelous Marcela, Cool Connie, Hilarious Heather, and Kind Kelsey) and come up with a personalized **gesture** (e.g., thumbs up, peace sign, heart sign).

##### Grading:

- To grade up you can have each person do someone else's name like have Kelsey come up with an adjective for Harmony's name.

#### 5. Current Physical Activity Ice breaker

- Ask everyone to introduce themselves and say what type of physical activity you're currently doing.
- Possible Response: "This session will give you another outlet for physical activity."

#### 6. Theraband

Note: DO NOT use if anyone has a latex allergy. Theraband exercises provide a muscle warm up as well as a chance to vocalize with the other participants.



- **Chest Pull**
  - Sit or stand with feet shoulder width apart
  - Loop theraband around each palm.
  - Put your arms in front of your body with elbows slightly bent.
  - Pull theraband outwards, across your chest.
  - Hold for 3 seconds.
  - Slowly return to starting position.
- **Shoulder Flexion**
  - Sit or stand with theraband held at hip or waist height.
  - Point your thumb toward the ceiling.
  - With your elbow straight, raise hand toward ceiling.
  - Hold for 3 seconds.
  - Slowly return to starting position

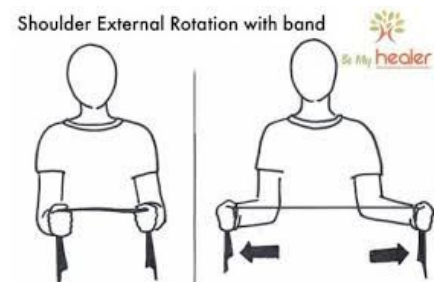
- **Shoulder Diagonals**

- Sit or stand with theraband at hip or waist level.
- Pull theraband from opposite hip up toward the ceiling on a diagonal.
- Hold for 3 seconds.
- Slowly return to starting position.



- **Shoulder External Rotation**

- Sit or stand with the theraband at waist level and shoulders tucked against side.
- Pull theraband outwardly away from body on both sides.
- Hold for 3 seconds.



Everyone must be seated in a chair for the two following therapy exercises:

- **Elbow Flexion**

- Sit in a chair.
- Securely step on one end of the theraband.
- Bend your elbow up toward your shoulder.
- Hold for 3 seconds.
- Slowly return to starting position.



- **Elbow Extension**

- Sit in a chair without armrests.
- Elbow is bent with your palm downward.
- Hold theraband at waist level.
- Straighten your elbow.
- Hold for 3 seconds.
- Slowly return to starting position.

<https://ahc.aurorahealthcare.org/fywb/baycare/x36050bc.pdf>

## 7. I Spy

This warm-up allows participants to engage in visual scanning. They may also be allowed to get up around the room to search for the object in question. Gestures may be utilized (e.g., pointing to self or other objects, hand binoculars,)



- 1) The group leader will select an object in the room to play “I spy” and describe the object.
- 2) The first participant to answer is allowed to choose the next object.
- 3) Continue the game until 5-6 objects have been identified.

## 8. Partner Mirroring

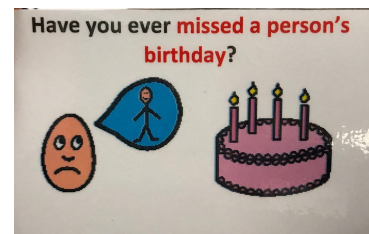
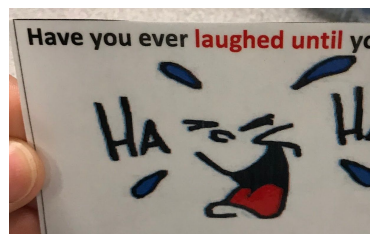
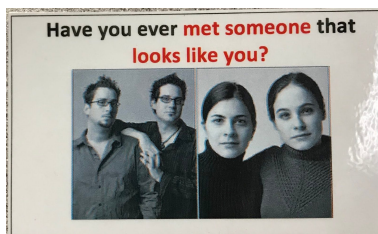
In this warm up each participant will choose a partner to be the leader. The leader of the pair group will do movements with their heads, each participant will choose a partner and sit/stand facing each other. One partner will be designated as the leader first and will demonstrate movements for their partner to mirror. After a few moves, the partners take turns being the leader.

### Grading:

- To grade down, have partners complete one motion at a time. (ex: flex right elbow then make fist then extend arm up)
- To grade up, have partners complete a series of motions to be mirrored altogether.

## 9. Partner Yes/No Questions

In this activity the clients will be paired with each other and ask questions off of cards. This facilitates practice of reading comprehension and verbalization.





## 10. Pass the Ball

Have the group sit/stand in a circle.

- Using a ball, throw it to a participant and ask questions such as:
  - “How are you feeling today?”
  - “What is your favorite \_\_\_\_\_?”
  - “What are you doing this weekend?”
  - Another question can be substituted instead!
- Participant answers, then throws the ball to another participant.
- Repeat until each group member has had a turn and has caught the ball.

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# Activities

## Tai Chi for Balance

### What is Tai Chi?

Tai Chi is a noncompetitive martial art exercise for the mind and body. It comprises of gentle physical exercise and stretching with mindfulness. This type of exercise meditates and promotes finding one's inner peace.



### Health Benefits:

- Improve mood
- Reduce stress and anxiety
- Improve balance control
- Increase energy and stamina
- Lower blood pressure
- Improve heart health
- Improve fitness
- Enhance flexibility
- Reduce risk of falls

In youtube: type “Tai chi music for practice”

This is the link to the direct music used:

<https://www.youtube.com/watch?v=CHpBeeXbu4E>

### **TWU Tai Chi Powerpoint:**

<https://docs.google.com/presentation/d/1wGdpMyGjZasrz7Imma3PYVqOgq91n0mh7iJqD3zk5Z4/edit?usp=sharing>

<https://www.youtube.com/watch?v=Wdbbtgf05Ek>

### **References:**

Easy Qigong & Easy Tai Chi - Senior & Elderly Exercise

<https://www.youtube.com/watch?v=tLct1y6Qdok>

Best Tai Chi for Beginners - join in - 8-minute exercise

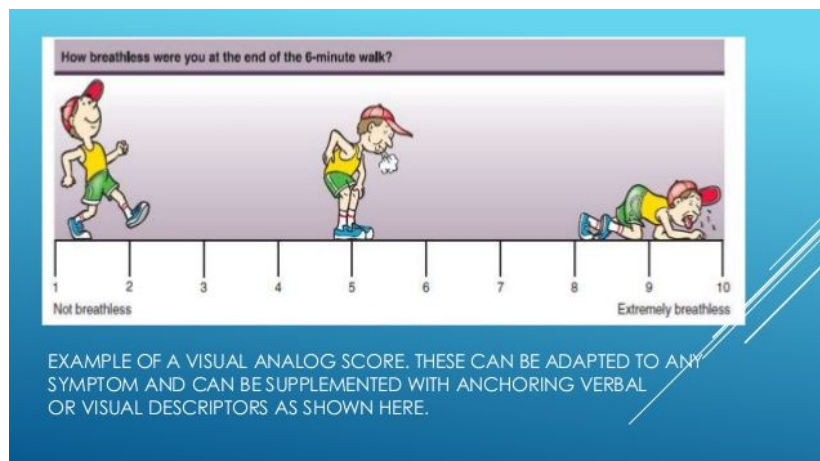
<https://www.youtube.com/watch?v=PNtWqDxwwMg&t=2s>

Tai Chi for Beginners Video | Dr Paul Lam | Free Lesson and Introduction

<https://www.youtube.com/watch?v=hIOHGrYCEJ4>

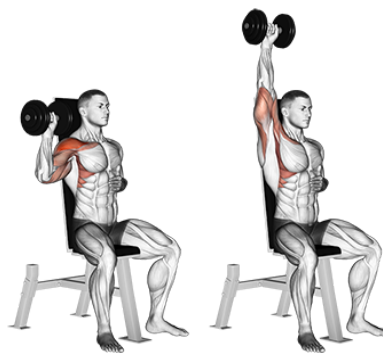
## **Seated Kettlebell Strengthening Exercise** (5 lbs weights)

- Do 3 sets of 10-15 reps for each movement,
- Grade UP the number of reps and sets if the person has strength of 5 on bilateral upper extremity.
- Grade DOWN: Help person achieve movement by using PROM if there is unilateral neglect or weakness (3- and below).
- If person has strength 3+ to 4, do 2 sets of 10
- Please consider using the perceived borg scale to assess fatigue or shortness of breath



## Seated Shoulder Press

1. Feet flat on floor
2. Back and hips touch the back rest
3. Bring kettle bell(s) as shown (elbows at 90 degree)
4. Press up towards the ceiling and bring back slow and controlled



## Seated Tricep Extension

1. Bring kettle bell(s) up with both hands or one
2. Slowly lower at the elbow joint and push up as shown in top image



## Seated Bicep Curls

1. Elbow tucked towards the body
2. Bring kettlebell towards shoulder



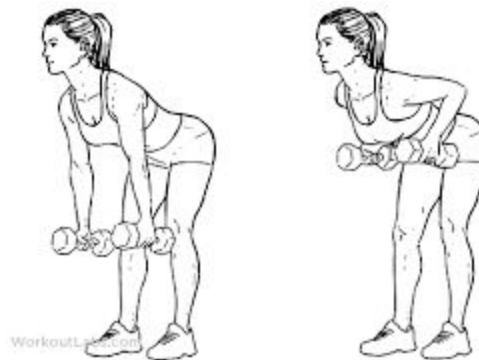
## Seated Bent Over Raises

1. Sit half way into the chair
2. Feet well planted on ground
3. Lean slightly forward
4. Kettlebell(s) behind heels
5. With slight bend at elbow rise weight towards back



## Seated Bent Over Rows

1. Same body set up as previous movement
2. Bring kettlebell to the front side of foot
3. Focus on squeezing or pinching scapula together and bringing weight close to the chest



## Seated Kettlebell Shrug

1. Set proper sitting posture
2. Done with or without kettlebell
3. Ask to shrug shoulders up



## Chair Squats

1. Ask participants to stand up
2. Then proceed to sit with control and without dropping all the weight into chair



## Seated Knee Extension

1. Looks easy but they have to do it slow and controlled!



## Standing Leg Curls

1. Stand behind chair
2. Hold on to chair and using both hands or strong side
3. Lift leg towards glute area as high as possible with slow control motion



## Standing Hip Side Raises

1. Same set up as previous movement
2. Lift leg out to the side



## Parachute Play

**Materials needed:** parachute, various balls (basketball, 2 similar size balls of different colors), basketball hoop

Can adapt to perform standing or seated depending on the group

- All the games begin with group members holding an edge of the parachute at even intervals. It will take a few tries to move the parachute up over heads and down to the knees in unison to “catch the air”.
- Additional variations:
  1. **Popcorn**
    - When the parachute is down, a few balls can be tossed in the center. The group makes the balls “pop” into the air and catches them with the parachute.
      - Language: Pick a theme/category. Name item in category every time group “pops” ball up
  2. **Round the World**
    - One ball is placed in the center of the parachute. The group is instructed to work together to make the ball roll around the edge of the parachute by moving it in unison.
  3. **Knock Out**
    - Two colored balls (or visibly different balls) are placed in the parachute. Establish 2 teams as every other person around the parachute. One team (ie: blue ball) tries to knock out the other team’s ball (ie: red ball).
      - Language: The team whose ball gets knocked out, has to count backwards from 20.
  4. **Parachute Basketball**
    - Using the basketball hoop, have the group attempt to make a basket with the basketball.

- Language: When the basket is made, have each participant and name your favorite \_\_\_\_\_.

## Yoga (Chair Yoga)

Reference: [https://www.sparkpeople.com/resource/fitness\\_articles.asp?id=1822](https://www.sparkpeople.com/resource/fitness_articles.asp?id=1822)

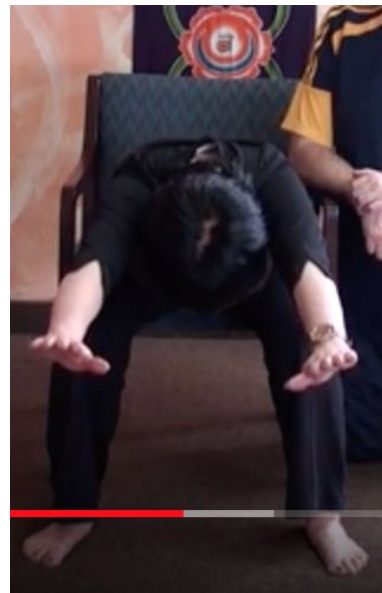
Note: Remember to incorporate relaxing music.

### **Educate on proper body mechanics:**

- Sit with feet shoulder width apart and flat on the ground.
- Keep the body aligned.
- Pull your shoulders back and lift your chest.

#### **Child's pose**

- Demonstrate “Let everything go”
- Explain that this is a pose to do if you are in any pain or tired throughout the session. You can go back to this pose any time you are feeling uncomfortable.
- Mention that you only go down as far as you can. You can put your arms on your knees if you can't go down as far.
- Remember this pose is meant to relax you.



## I) Individual Poses

### **1) Pose 1: Seated Necks Rolls**

Sit up straight in a chair and gaze up at the ceiling. Bring one ear to the side and hold, roll your head down towards your chest and hold, roll your head to the other side and hold.



## 2) **Pose 2: Seated Mountain Pose**

Sit up straight in a chair. Roll your shoulder blades back and down, arms relaxed at your sides. Pull your belly button into your spine to engage your abs, and keep your feet flat on the floor. Inhale through the nose and raise your arms overhead. Keep your arms shoulder width apart, and relax your shoulders. Keep the belly strong, and gaze in between your hands, to the ceiling.



## 3) **Pose 3: Seated Eagle Arms**

Sit up straight in a chair. Roll your shoulder blades back and down, arms relaxed at your sides. Pull your belly button in to your spine to engage your abs, and keep your feet flat on the floor. Extend your arms out in front of you at 90-degree angles, palms facing each other. Then place your right arm under your left and press the backs of your palms together. Bend your elbow 90-degree. Inhale and sit tall, then exhale and tuck your chin to your chest to stretch the back of the neck. Hold the pose for four breaths, then switch arms and stay another four breaths.



## 4) **Seated Cat/Cow**

Sitting up straight in a chair. Roll your shoulder blades back and down, arms relaxed at your sides. Pull your belly button in to your spine to engage your abs, and keep your feet flat on the floor. As you inhale, arch your back (leading with the chest) and look up toward the ceiling. Lift the chin and allow your arms to relax next





to you. As you exhale, round your spine and let your head drop forward. Tuck the chin and allow your shoulders to roll. Do for five breaths.

**5) Standing forward fold with a chair**

Begin by standing about an arm's length away from a chair. Your feet should be directly under your hips; your shoulders should be back and down, with your abs engaged. Inhale and reach for the chair, allowing your body to roll down. Bend your knees slightly to prevent locking them, and allow the head to hang. Stay for five breaths, and then roll up slowly.



## II) Partner Poses: chairs facing each other

**1. Start with toe touches**

- With a partner, touch your toes to their opposite foot for 2 sets of 15.

**2. Pose 1: Elevator**

- Sitting on the edge of the chair, hold your partner's wrists with a strong grip. Lean away from each other focusing on moving through your feet. Engage core bringing your belly button to your spine. Hold for 5 breaths.

**3. Pose 2: Seesaw**

- Holding each other's hands as one person leans forward the other leans back. Be sure to be pulling your partner to help them get a full stretch. Take 5 breaths.




**4. Pose 3: Rooftops**

- Come palm to palm with your partner, pushing your hands up above your head together. This will stretch your back tremendously. Hold for 5 breaths.

### 5. Pose 4: Double Pretzel

- Interlock feet on the floor. With your right hand grab your partner's left wrist, vice versa. Twist left, looking away and extend your right arm to your partner's back. Repeat twisting right while looking away and extend your left arm. Take 5 breaths while twisting to each side.

## III) Cool Down

<p><b>1) <u>Pose 1: Seated Necks Rolls</u></b> Sit up straight in a chair and gaze up at the ceiling. Bring one ear to the side and hold, roll your head down towards your chest and hold, roll your head to the other side and hold.</p>	
<p><b>2) <u>Pose 2: Seated Shoulder Rolls</u></b> Sitting up straight, “Inhale” bring shoulders up to the ears and then “Exhale” roll them back and down. Repeat that sequence 3x</p>	
<p><b>3) <u>Pose 3: Seated Cat/Cow</u></b> Inhale, arch your back (leading with the chest) and look up toward the ceiling. Lift the chin and allow your arms to relax next to you. As you exhale, round your spine and let your head drop forward. Tuck the chin and allow your shoulders to roll.</p>	
<p><b>4) <u>Pose 4: Seated Forward Fold</u></b> Spread your legs slightly wider than hips distance apart. Exhale and hinge from the hip, slowly lowering your hands to the floor (or in contact with your thighs or shins). Then slowly round your upper back, lowering your chest in between your legs and relaxing your head and neck down. Allow your shoulders to relax and round.</p>	

5) **Namaste/Bow**

- Bring hands together at midline.
- “The divine light in me acknowledges and honors the divine light in you. Namaste”



## Boxing Activity

Watch this video on youtube:

“15-Minute Boxing Workout You Can Do At Home | Class FitSugar”

<https://www.youtube.com/watch?v=pWLEkOOMIXs>

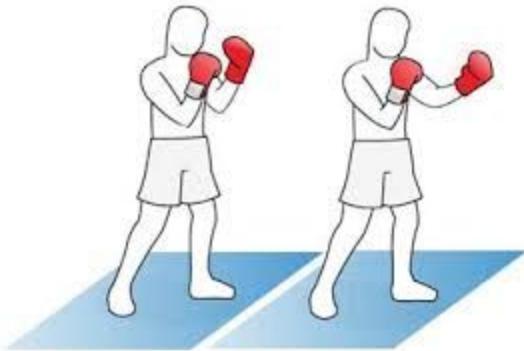
General rules:

Encourage safety with each other, and to have arm length distance between each other

1. Start with a light cardio warm up (pick one to two from the beginning)
2. Encourage having a water bottle-- the participants will need it!
3. Teach proper hand and wrist position for punches
4. Do 2-4 rounds 20-30 seconds of work, 10-20 seconds of rest
5. Use boxing equipment
6. Do not forget to cool down at the end! Any breathing exercise/yoga relaxing pose will work

Sequence:

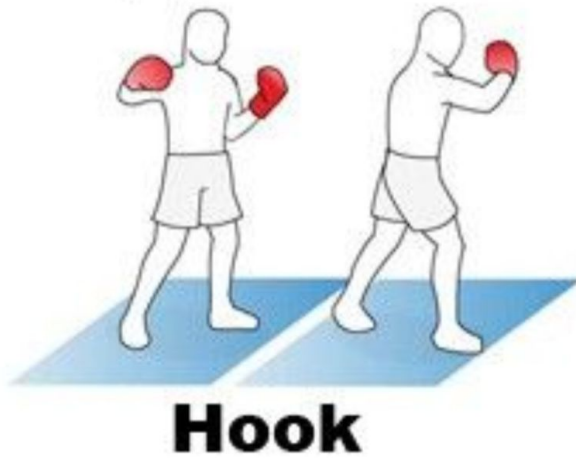
### 1. Jab



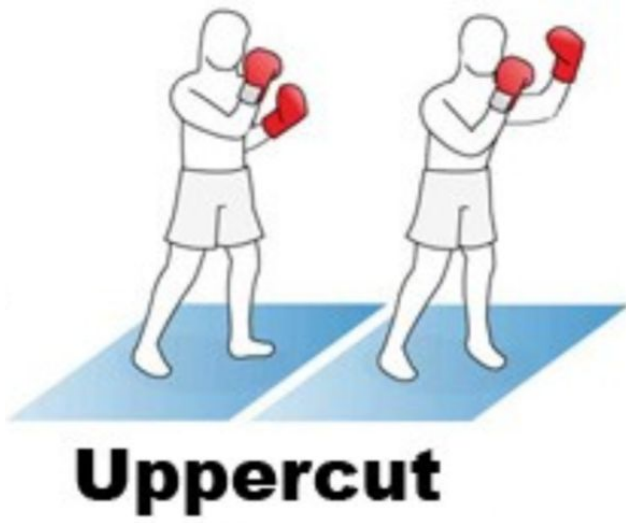
## 2. Cross



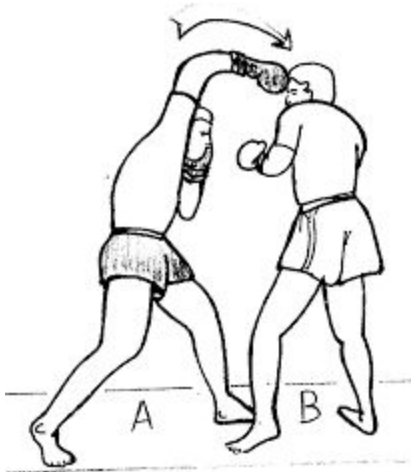
## 3. Hook (Swing)



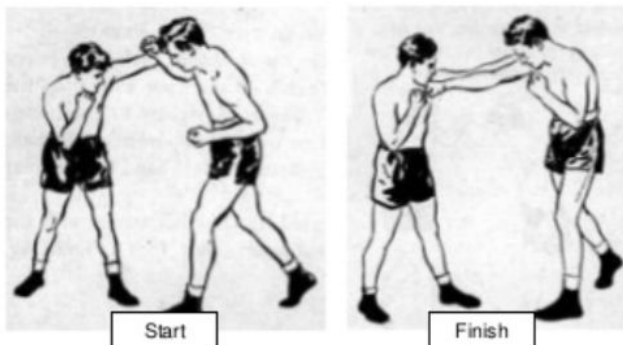
#### 4. Uppercut



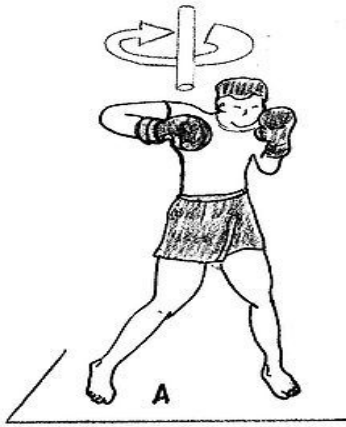
#### 5. Overhand



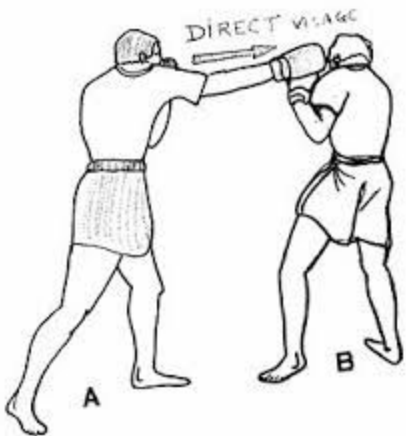
#### 6. Counterpunch (Cross-counter)



## 7. Bolo punch



## 8. Short Straight-Punch



## Question Pong (no alcohol involved!)

1. Set up cups on a table as pictured.
2. Place cards with questions and a washer into each cup.
3. Divide participants into teams.
4. One participant throws a small ball from the edge of the table into the other team's cup.
5. If it lands into a cup, they take out the question and answer it.

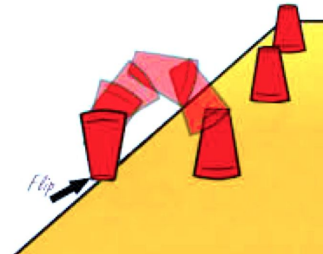


6. Each goal+question = 1 point
7. Teams alternate throwing the ball and answering questions.
8. Keep score using the whiteboard!

To grade UP: Arrange more cups onto the table. Remember to add some kind of weight into the cup to prevent it from falling over.

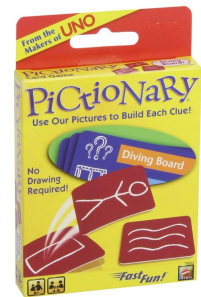
## Question Flip Cup (again, no alcohol involved!)

1. Divide participants into two teams.
2. Line them up on each side of the table. Each participant is assigned one cup.
3. Cards with questions are placed into each cup.
4. "Begin" → participant must answer the question in their cup. Once answered, he or she use their hands to "flip" the cup as pictured.
  - a. Having a volunteer facilitate one team and another volunteer lead the other to each encourage the participants and help as needed.
5. Once one participant has successfully flipped over their cup, the next participant follows with answering the question and flipping the cup.
6. First team to the end wins!



## Pictionary

1. Using the Pictionary Card Game, allow participants to choose a card.
2. Have each participant go up to the board and draw their card.
3. Other group members must make guesses of what the drawing is.



### Grading:

- After guessing the card correctly, have participants name where they have seen the shape/object before.
- Give participants multiple cards and draw out a scene. Then have participants guess what is going on in the scene.

## Charades

1. Find an online generator for charades in case participants aren't able to think of a topic.
  - a. Categories can be designated to limit options: i.e. animals
2. First person to go can be leader (to show how game is played) or another participant.
3. Without talking, first player acts out the topic and participants try to guess what it is.

## Simon Says

1. Group leader begins as Simon, then encourages other group members to be Simon in other games.
  - **\*\*\*Encourage bilateral movements\*\*\***

## Zumba

- Reference for sequence below (watch before leading group):  
<https://www.youtube.com/watch?v=irptqdkJ1IU>
- Incorporate “zumba music” from youtube during session
- Have participants bring water if needed.
- Do movements slowly.
- **Grading:** Can let participants hold rainbow streamer rings during dance.
- **Adaptation:** Can be adapted for chair Zumba by focusing on arm movements, available ROM for legs, and toe taps while in chair.

### Step 1-Step to side

- Start with feet together and hands at side
- Step out with R foot, then bring feet back together
- Step out with L foot, then bring feet back together





**Step 1a**-Add arm movements together with the step to side movements



**Step 1b**-Add in hip movements

- Push hip out when you step to side

**Step 2**-Salsa Back Step

- Step back with R leg
- Bring back together
- Step back with L leg
  - Can add arm swing movements



**Step 3**-Step 2 times to side and 2 times back

- Can add arm movements for increased ROM

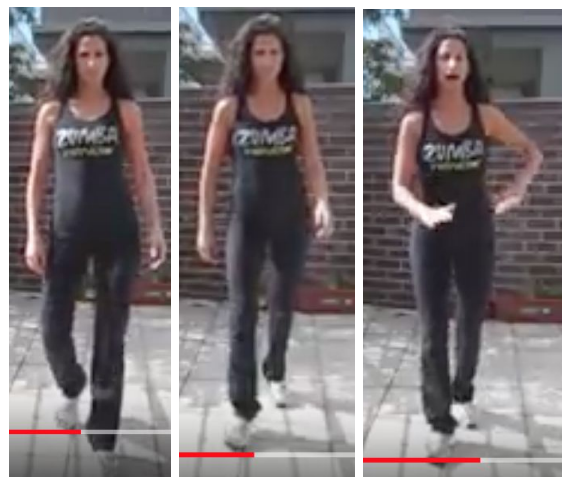


Cumbia-Traditional dance from Colombia  
-Start Step 4 sequence with R foot. After completed, switch to L.  
**Step 4**-Point foot forward, then back



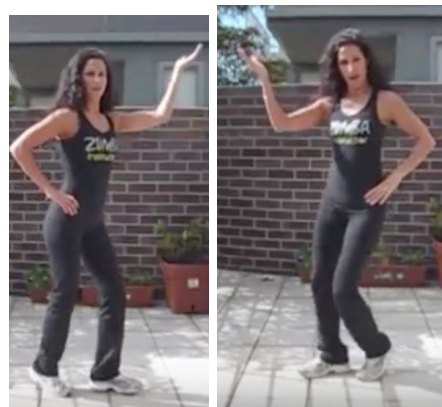
**Step 4a**-Step R foot forward, then back

- Add in arm movements



**Step 5**-Candle step

- Start position (right side).
- Take 4 tiny steps to R
- Switch sides



## Reggaeton Dance Steps

### Step 6-Pump Step

- 2 toe steps to the R
- Switch, 2 toe steps to the L



### Step 7-Destroyer Step


- Start position=Step legs shoulder width apart
- 8 toe taps/steps to the R and swing arms
- Switch sides



### Step 8-Stomp

- Stomp R foot forward, bring back to center
- Alternate feet
- Step L foot, bring back to center
- Add in arm movements



<p><b>Step 8a-Stomp</b></p> <ul style="list-style-type: none"> <li>• Add in arm movements</li> <li>• Can add in bending deeper at the knees</li> </ul>	
<p><i>Can repeat steps 1-8 if time allows</i></p>	
<p><b>Cool Down</b></p> <ul style="list-style-type: none"> <li>• Simple stretching</li> </ul>	<p><b>Chair zumba for future reference:</b>  <a href="https://www.youtube.com/watch?v=1eUmRwRyWD8&amp;feature=related">https://www.youtube.com/watch?v=1eUmRwRyWD8&amp;feature=related</a></p>

## Basketball Shootout

With the basketball hoop in the middle, participants gather in a circle and answer a question each. With each question they answer, they get to shoot the ball into the hoop.

## Basketball Hot Potato / Musical Basketball

*Note: In this activity, group leaders may have a select topic of the day and/or pre-prepared questions to ask group members.*

**Examples of Topic Ideas:** Sports, music, movies, travelling, hobbies, foods, things you cannot live without, etc.

Situate group members to either stand/sit in a circle around the basketball hoop (in the center).

- Turn on some upbeat music and allow participants to pass the basketball around.
- Stop the music.



- Whoever has the basketball must answer the topic of the day or a specific question.
- Then, this individual will attempt to shoot it into the hoop. If shot is missed, allow a redo.
- Turn the music back on and continue in the same manner.
- Stop the activity when appropriate.

**Grading:**

- Group members can make a larger circle, farther from the target.
- Individuals must answer multiple questions before shooting into the hoop.

## **Matching Activity**

This activity uses a deck of playing cards or handmade deck of shapes drawn on index cards. Participants are divided into pairs or groups and cards are arranged on the table. Participants take turns trying to find matches. At the end of the game each person names items from a chosen category according to how many matches they got (ex: someone who made 4 matches names 4 things).

**Grading:**

- To grade down, use a partial deck or handmade deck (shapes drawn on index cards) with less cards. Complete the activity sitting and promote use of unaffected upper extremity.
- To grade up, use the full deck with pairs of participants, complete activity standing, and encourage use of affected upper extremity.

## **Finger Rockets with Questions on Board / Finger Rockets with Target on Board**

1. Draw target on board, divide into sections for conversation categories (ex: animals, colors, types of cereal)
2. Divide into teams.
3. Use foam toy to stretch out band and let go to hit a target on the board.
4. Participants must list 3 things in the category they hit with the rocket.



## Bingo

1. Get the Bingo game out of the bottom cabinets.
2. Distribute bingo cards to players.
3. Everyone takes a turn spinning the ball container (encourage use of affected upper extremity), and calling out the number.
4. First to Bingo wins!

## Table Top Twister with Hands and Questions

Place Twister mat on top of the table and have participants stand around the mat. If using the spinner, replace feet sections with hands (if you spin right foot red, call out right hand red). Leader could also call out colors at random. With each turn ask participants to name an object of the color they are told to move to. If someone is unable to find a spot or reach a certain color, they are out and may become the spinner.

## Cha Cha Slide

1. Go to youtube and search Cha Cha Slide.
2. DANCE!!!



## Corn hole

Divide into teams. Each group answers a question and then gets to throw the bean bag into the hole. If you make it in the hole = 3 points, On the board = 1 point for each point the team must name an item from category by leader. Ex Animals: Dog, Tiger, Giraffee if they got three points.

