

Walk like a Robot for 2 Minutes

Sing your favourite song for 1 minute

Pretend your swimming under water in the Sea like a Dolphin for 30 seconds

Walk like a Lion for 1 Minutes

Pretend you are a football star and score the winning goal

Do the Floss for 2 minutes

Say Red Lorry Yellow Lorry for 1 minutes

Do 10 Star jumps

Meow like a cat for 30 seconds

Fly like Superman for 30 seconds

Be a scientist for 1 minute

Mow the grass with a lawnmower for
30 seconds

Be an ice-skater for 1 minute

Sing a Disney song for 1 minute

Be a sleeping Lion for 1 minute

Put the above statements in an envelope and ask for children to close their eyes and pick out a piece of paper with ones of these requests, the other students have to guess the action being performed.