

Trees

*A lesson in movement by
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Objective: This is a warm-up that will help stretch students in preparation for larger movement exercises.

Grade Level: K-12th

Time allotted: 10-15 minutes

Materials needed: CD player
Soft music with nature sounds.

Goals: #2 The student will act by interacting in improvisations and assuming rules.

How:

- ❖ Students will start on the ground as seeds that with help from gentle rains and sunlight grow up to be trees.
- ❖ Students will sway in a breeze that eventually turns to a hurricane; knocking all the trees down.
- ❖ Students will re-grow.
- ❖ Students will be pecked by woodpeckers, snacked on by caterpillars, and cut down by beavers.
- ❖ Students will re-grow
- ❖ Students will be cut down by a chain saw.
- ❖ Students will re-grow
- ❖ Students will be burned down by a forest fire
- ❖ Students will re-grow and remain a strong forest.