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.