

# Animal Charades

## (Physical Activity)

### Target:

Activity is appropriate for elementary students.

### Purpose:

Students participate in a fun physical activity to reduce stress and tension.

### Materials:

- Several folded pieces of paper with different names of animals on each
- A hat or container to hold the folded pieces of paper
- Optional: A CD or tape player (it can be fun to play music during this activity)

### Content:

Students pick a paper from the hat and figure out how to present their animal charade. Since charades is a non-verbal activity, playing music in the background can add to the fun of “acting out” the animals.

### Instructions:

1. Depending on class size, break class into groups of 2, 3 or 4 students.
2. Write several different names of animals on paper; one name per folded up piece of paper (students may help with this as part of the activity).
3. Put names in the hat.
4. Each group picks a name and figures out how to present their charade to the class.
5. Each group takes a turn presenting their charade, while the “audience” guesses the animals presented.
6. Depending on time, number of groups and number of folded papers, teacher determines how many rounds of charades each group presents.
7. OPTIONAL: At the end of the activity, distribute paper, pencils, and crayons/markers for students to draw and color their favorite animal.

### Extension:

Teacher may follow-up by checking in with students about how much they enjoyed the activity. If it is popular, use the activity at other times and make the connection between physical activity, humor/fun and creative thinking to stress reduction.