Bung-a-Low, Ready, Go! – Warm-Up Activity

Location  Rhythm  Nutrition  Equipment
In  Yes  No  None

Get Ready:
- This is a game where I will be the leader and you will be the followers! This is a repeat-after-me game!

Directions:
- When the activity begins, I will call out the name of a student and say: “Hey [student's name]!”
  - Student: “Hey what?”
  - Leader: “BUNG!”
  - Student: “BUNG what?”
  - Leader: “BUNG-A-LOW, Ready GO!”
- Student: “My hands are high (lift arms and hands overhead), my feet are low (bend and touch knees or toes), and this is how I Bung-A Low (perform a dance or silly move)!
- All Class Repeats: “Her hands are high, her feet are low, and this is how she Bung-A-Lows!” All students perform the same movements (i.e. raise arms, touch knees, mimic dance move).

Tips:
- Have students think creatively about phrases that rhyme with Bungalow. For example, “... This is how I (do-si-do, get real low, move real slow).” Then have them do that movement when they come up with a rhyme.

Adjustments for Social Distancing:
- Create markings to indicate where students should be in order to maintain physical distancing (tip: try a grid like the picture on the right).
- Make sure students stay in their space while doing the activity.

Equipment: None

Standard Connections

Did You Know?
- Touching your toes and reaching for the sky are ways to stretch your body!
- Stretching is important for flexibility and preventing injuries! Stretching can also help you to relax your mind and body.

Show and Tell!
- Grades K-2: Tell me what other kinds of stretches you know! Can you show me?
- Grades 3-5: Tell me 2 different ways to stretch your legs. Show me what part of your legs you feel being stretched.

Try This at Home:
- To help you relax your mind and body, do a few relaxing stretches before you go to bed tonight!
- Do this for several nights and see if stretching before bed helps you to relax and sleep better!