



CHICKEN LITTLE

Participants

Any number of participants.

Time Allotment

5 - 15 Minutes

Activity Level

High

Materials

No materials required

Method

Note: This activity relies on an element of surprise, so don't reveal the name of this activity until afterwards!

- In a circle, explain that it is important to warm up one's body from head to toe before participating in physical games and activities.
- Starting with legs, ask participants to try to get their knee to touch their chin. Try each leg alternately. Ask for 10 knee to chin touches. It is not easy, some can do it, but many can't.
- Then move on to the arms. Ask participants, one side at a time, stick thumb under armpit and move their elbow up and down while keeping their thumb under their armpit. Three times on each side.
- Finally, put it all together - demonstrate and encourage - walking around raising knees in air, flapping both arms and making chicken noises and you have a mob of feeling silly, kind of outfoxed, intrigued participants.