

# Rock-It Fuel™ Fortune Teller

www.NutritionFromTheHart.com

## 1-Minute Simon Says Sprint:

The game of Simon Says, but no one gets out. If the leader tricks you and you move without hearing "Simon Says!" then you say, "Mistakes are a part of learning!" and get back in the game!

## Jumping Jack Name Game:

Students spell their names and do jumping jacks for each letter. Take turns spelling names. First a student spells their name, then the class repeats the spelling while doing jumping jacks.

## Slow-Motion Dance Party:

Everyone puts on imaginary headphones and pretends to listen to their favorite song - IN SLOW MOTION! And you guessed it! Everyone dances in slow motion for 1-minute.

## Tip Toe Sneakers:

The teacher gives a start signal and the students move as quietly as they can around the room. On the stop signal, everyone freezes without a sound. Start and stop every 20-30 seconds. Repeat for 2 minutes.

Watch the Fortune Tellers video:  
[bit.ly/how2fortunes](http://bit.ly/how2fortunes)

