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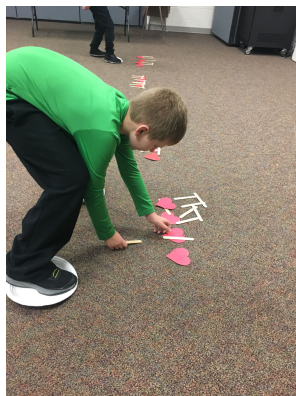
# Helpful Hint



As Winter Break approaches, kids get antsy. Here are some ways to get moving and have some fun!

## The Snowflake Game

This is a great warm-up activity! Make some paper snowflakes so that the middle of the snowflake is intact. On one side of the snowflake, write some quick and easy activities that could be performed by the students. For example, “Jump 5 times” or “Ice skate when the music starts.” Laminate them for extra durability! Play the game like Freeze Dance. When the music starts, students may dance or move around the room in different ways. When the music stops, have them find a snowflake. Choose a student to pick up their snowflake and have the class do what is on the back. Repeat until all snowflakes are gone or all students have had a turn.



## Paper Plate Skating

\*Find some cheap paper plates for your students to “skate” on. Depending on your students, you may want to avoid the paper plates with the coating on it because it can make things very slippery! Put on “Waltz of the Flowers” by Tchaikovsky and have the students show appropriate movement for the music on their “skates.”

\*Play the Rhythm Relay game with the paper skates. Students on a team will be on one side of the room and opposite of them will be four hearts (to show four beats) and a pile of popsicle sticks. You can put the exact number of sticks needed for certain rhythms in the piles or require that all notes must be used at least once. The first person in line will skate down to the hearts, use the sticks to compose one beat of the rhythm, skate back, and hand the skates off to the next person in line. You can use this with whatever notes you are working on at the time. Once all teams are done, have each team perform their created rhythm.