

# Energizers

## Air Writing (EEP-Gr.2)

### Instructions:

Have students stand at their desk or in small groups.

1. Students begin by moving in place or around the room based on the following actions that the teacher will call out.
  - Jumping
  - Marching
  - Hopping
  - Twisting
2. Teacher calls out letter, number, word or shape and students stop activity.
3. Students will draw the letter, number, word or shape in the air using their hand, arm, leg, head, elbow, knee, bottom or any combination of body parts until teacher calls out another activity.
4. Students continue new activity until teacher calls out another letter, number, word or shape.