

Listen and Move

Grades K–2 • 3–5 min • 5+ students

WHAT YOU NEED

- None

SETUP

Kids stand next to their desks or in an open space with room to move their arms without bumping anyone.

HOW TO RUN IT

1. Explain the rule: only follow the instruction if it starts with "Teacher says..." — if you follow an instruction without those words, you sit down for that round (and stand back up for the next one).
2. Call out a mix of movements: "Teacher says touch your toes," "Jump three times," "Teacher says spin around once."
3. Speed up the pace as the round goes on — the fun is in catching the ones that skip the phrase.
4. Wrap with two or three instructions everyone follows correctly so the class ends the round on a win, not a mistake.

VARIATIONS

- Swap the trigger phrase for something tied to your current unit ("Scientist says...", "Reader says...").
- Play it seated for a class that needs a quieter reset (hands only — clap, touch head, touch shoulders).