



How to play:

- The objective of this activity is to identify common characteristics among students.
- Students jog in place while singing a song. This game goes along with the song . . .
“If you’re happy and you know it clap your hands, CLAP-CLAP. If you’re happy and you know it clap your hands, CLAP-CLAP. If you’re happy and you know it then your face will surely show it, if you’re happy and you know it clap your hands, CLAP-CLAP.”
- Class continues until 10 minutes of physical activity have been completed.

Beginner:

- The teacher starts the song, “If you’re happy . . . “ (above) and teaches it to the students. Have the students jog in place while performing the song. After the students know the song, select words from the RED column and have students CLAP-CLAP if the statement is about them. If not, students refrain from the CLAP-CLAP. Continue playing until you have completed 10 minutes of physical activity.

Intermediate:

- Play the same game as above choosing different words not only from the RED column, but also from the activity list in BLUE text (see reverse side of card). You may want to do the same BLUE activity for a couple of rounds before changing.

Advanced:

- Play same game as above but change the BLUE activity each time! (This requires good listening skills from the students.)



How Health Smart Are You?

1. Which organ in the body helps you think?
2. Name two fruits you know or have eaten this week.
3. Name two vegetables you have eaten this week.
4. What is the most important meal of the day?

- Answers:
1. The brain
 2. Varied answers
 3. Varied answers
 4. Breakfast

All About You!



If you're healthy and you know it
clap your hands. (CLAP, CLAP)

If you're healthy and you know it
clap your hands. (CLAP, CLAP)

If you're healthy and you know it, then you should
really show it,

If you're healthy and you know it
clap your hands. (CLAP, CLAP)

- you're a boy
- you're a girl
- you have (any color) hair
- you like to read
- you like to color
- you like (any fruit)
- you like (any vegetable)
- you like to play (any sport)
- you are wearing a (any color) shirt
- you are wearing (any clothing item)
- you like riding a bike (or any activity)
- you like swimming
- you like breakfast
- you have a sister
- you have a brother

- clap your hands
- jump up and down
- touch your toes
- do the twist
- touch your nose
- shrug your shoulders
- stomp your feet
- raise your hands
- turn around
- raise the roof
- (any other activity)