The workshop will involve participant participation, discussion when needed, questions/Answers, usable information for all types of small to large groups and skill levels.

Welcome to mini movement activities.........

The following list of activities may or may not be done in the order listed, depending upon reaction, participants, facility, etc...

Warm-Up with Images
Mirrors/Opposites
Hand Shake Gestures
Quick Relay/Warm up Lines
Body Spelling (Name, spelling lists, seasonal images)
Colors and Shapes
Freeze Game (Music, Drums, Clapping, hula hoops)
Machines (Farm Equipment, Household items, Lawn Care)
I Love You
KIDCORE
Puppets
Copy Cat Circle 3 Good Guesses