

Desire, Time, Effort

9. Stretch Higher

Spatial Requirements: Regular classroom setup: little or no space required

Activity Type: Movement/group

Grades: K-12

Group Size: 2 or more

Time: 5 minutes

Introduction: This activity teaches students that our worthwhile goals in life often require desire, time, and effort.

Materials:

- None

Activity:

Have the members of the group stand up. Ask them to stretch their arms into the air as high as they can. When they have done this, tell them that they can put their hands back down to their sides. Once again, ask them to put their hands into the air and try to stretch higher than they did the time before. Generally, the students will stretch higher the second time.

Processing the Experience:

- How many of you stretched higher the second time?
- Why did you stretch higher the second time when I asked you to stretch as high as you as you could the first time?
- Do you have goals, responsibilities, or dreams in life that you feel are difficult to accomplish? Do you think they are possible if you “stretch higher” through desire, time, and effort? Why or why not?