



FANTASTIC FRIDAY - TREE TOSS/FREEZE TREE

Supplies: bean bag, ball, or small toy for Tree Toss; music for Freeze Tree

TREE TOSS AND FREEZE TREE

In the Classroom: Practice one or both of the games below. Games can be played indoors or outdoors.

Virtual Learning: Freeze Tree can be done without a partner. You might choose to demonstrate Tree Toss so that students can practice with a family member or partner at home.

Tree Toss: Instruct students to find a partner or assign partners. Give one partner in each set a bean bag or small ball. [Ensure that everyone is in a space when a bean bag can be tossed without damaging anything.]

- We are going to review *Árbol/Tree Pose* that we did on Tuesday and then play a game with it. Who can show the class how to do *Tree Pose*? Great teaching! Thank you.
- Face your partner and give them a high 5. Check in with your partner to make sure they're ready before you play the game.
- Now everyone will do *tree pose*. Start by standing strong on one leg and placing your hands on your hips.
- Turn one foot out. Breathe in and place your foot below your knee, or just above your knee, but not on top of your knee.
- You'll toss the bean bag to your partner. Try to catch it while maintaining balance in your *Tree Pose*.
- After each partner catches the bean bag, take a step back and toss again.
- Remember that if you feel wobbly, just place your foot down and take a deep breath to regain your balance, then try to pick up your foot again.
- For an extra challenge, try to name a different fruit or food that grows in nature with each toss.

Have fun with this game! After a few rounds (switch up partners). Pause and ask students how it felt to balance and try to toss/catch at the same time. "How do you feel after playing this game?"

Freeze Tree

- Let's play another fun game with Tree Pose.
- I'll start the music. When I pause it, freeze in Tree Pose. Your arms can form branches of any shape. Test your balance by forming different shapes each time. Each time I pause the music, switch which leg you're balancing on.
- Repeat the game several times. Encourage students to look around at the different tree shapes.
- You can add a challenge by asking students to name a type of tree each time they freeze.
- Ask students which arm positions challenged their balance the most.

Reading

If you haven't already, finish reading *Salma the Syrian Chef* by Danny Ramadin.

Connect the book to the mindful eating practices that the class has experienced this week.