CHARADES

1. Cut out the squares and give one to each student.
2. Each student writes down an activity from one of the four speeds.
3. Collect the papers and get each student to pick someone else’s activity to act out and see if the rest of the class can guess them!

**SWEAT**
Write an activity that makes you sweat and makes you breathe harder or be out of breath.

**STEP**
Write an activity that gets you up and moving around, but not enough to make you breathe harder or sweat.

**SLEEP**
Write the place where you would most like to sleep.

**SIT**
Write an activity that requires very little moving around.

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