



# GOLDEN RULE PROJECT

Grade

4-7

Time

15

minutes

Social  
Studies  
Core

## Wave Stretching

**Line of inquiry:**

How do we participate as a group? Is community important?

**Grade range:** 4-7

**Group size:** A few medium sized groups of 15-20 works best.

**Materials:** Just the space

**Time:** About 15 minutes – This activity can be used for an introduction or a settling activity. By the end, everyone is working in unison – on the same page.

**Skills:** Critical thinking skills, communication, cooperation

**Space:** Enough space to accommodate the group, each person needs enough space to move in and stretch comfortably

**Directions:** Students will stand in their groups, in a circle. Start by asking students to reach for the sky and then take it down low and come back to standing. Now, the facilitator will instruct students, as a group, to create a wave. It must happen in silence and the students must take their cues from the other students in their group. The goal is a perfect, silent wave.

**Deliver the Challenge:** The groups can compete for best wave.

**Extensions:** Students can work on different shapes or syncopated action, where everyone must do their part to make it work.

**Reflection:** Did you lose yourself in the movement? Were you proud of your involvement? Were you proud of the group's efforts?

**Notes:** This activity can be used to introduce many different kinds of concepts. It can be used in gym class, drama, or part of any kind of movement discipline.

**Core Standards – Social Studies:**

Standard III-Objective 1-Indicator b: "Students will understand the principles of civic responsibility."