

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Joe in the Button Factory

Game Description:

A fun interactive warm up song that gets the kids moving their bodies in silly ways.

Objective:

Have the kids stand in the circle, explain to them the song and have them follow each body part you choose to push the "button". "Hi my name is Joe and I work in a button factory, I got a wife, three kids and a dog, woof. One day my boss came up to me and said Joe man are you busy man, I said no man and he said push this button with your_____ I said sure. push push push"... repeat - right hand - left hand - right foot - left foot - head - ect. Every round chose a new body part to "push" the button with. Once you have a number of body parts going finish the song with the verse below. "Hi my name is Joe and i work in a button factory, I got a wife, three kids and a dog, woof. One day my boss came up to me and said Joe man are you busy man... I said YESSSSSSSS"

AGE:

4 to 6 years
7 to 9 years
10 to 12 years
13 to 15 years

TYPE OF ACTIVITY:

Co-operative / Team
Building / Ice Breaker
Warm up/Cool down

SPACE NEEDED:

Large Space (Gym,
Multipurpose Room,
Playroom)
Medium Space (Classroom,
Empty Room)
Small Space (Hall,
Furnished Room)
Field / Park

HOW MANY LEADERS ARE NEEDED:

Only 1
2 Leaders
3 - 4 Leaders

HOW BIG OF A GROUP IS NEEDED:

One person
Pair
Small group (3-5 kids)
Medium group (6 - 15 kids)
Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Coordination
Rhythm