

 **WHAT IS IT? (RATIONALE)**

This activity works because it can be modified to suit different age groups so there is always a challenge. This activity spans all the domains and is a very easy to do – anywhere activity.

 **GETTING STARTED (PROCEDURES & MATERIALS)**

No materials are needed for this activity. This is a “shadow” activity or “train” connection. Students line up putting their hands just on a right or left shoulder of the person in front of them and trail the adult around. It sounds simple but it can be quite complicated when the leader makes the path tricky and the train is long. Students love the challenge of trying to stay connected, especially when the train is very long and is following a zigzag path.

 **SOURCE**

I first learned it in junior high some 15 years ago, not sure of original source. I’ve used different variations of shadow games for a long time.

 **DEVELOPED BY:**



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 **ADAPTATIONS**

You can add in almost any type of object and modify the game a bit.

- A. Use a ball and touch the ball to the back of the person in front, or a shoe string trying to drape it over left or right shoulder, add more students to the train to make it more difficult, etc.
- B. Add math equations or spelling words to rotate the students in the train. E.g. spell a sight word correctly and the person who is the caboose moves up one space until he/she gets to be the conductor and so on.
- C. You could tie this activity into social studies or any other part of your everyday curriculum by measuring the train length and estimating how long would our train have to be if we wanted to be the Empire State Building? Etc.

 **REMINDERS**

-  Never let the students close their eyes.
-  Be gentle when holding onto or touching others.

DOMAINS ADDRESSED

BODY IMAGE
LATERALITY
SEQUENCING
LANGUAGE
FOLLOWING DIRECTIONS



GENERAL COORDINATION
HAND-EYE COORDINATION



FLEXIBILITY

BEST EFFORT
COOPERATION
COMPASSION FOR OTHERS
RESPECT FOR OTHERS
CONSTRUCTIVE COMPETITION
SELF CONTROL
RESPONSIBILITY

