FOR TEACHERS · K–5TH GRADE · MORNING MEETING · 4 OF 5

Morning Meeting Activity Cards

Cut out the cards and keep them in a cup. Pull one when you need a quick, calm group activity.

Teacher: _____ **Week of:** _____



Zip Zap Zop

Point and pass a "zip", then "zap", then "zop" around the circle as fast as you can. Start again if someone mixes it up.

Silent Ball

Toss a soft ball across the circle with no talking. A drop or a bad toss means you sit down.

Pass the Squeeze

Hold hands and pass a gentle squeeze around the circle. Time it, then try to beat your time.

Same and Different

Pair up. Find two ways you are the same and one way you are different. Share with the group.

Count to 20

Count to 20 as a group, one person at a time, with no order. If two people talk at once, start over.

Mirror, Mirror

Face a partner. One person moves slowly, the other copies like a mirror. Then switch.

Snowball Questions

Write a question on paper, crumple it, toss it in the middle. Pick one up and answer it.

Categories Clap

Clap a beat. On each beat, name something in a category (fruits, colors, sports) with no repeats.

Name Echo

Say your name in a fun way. The whole group echoes it back the same way.

Thumbs Up, Thumbs Down

Read a statement ("I like rain"). Thumbs up if it is true for you, down if not.

Story Chain

Start a story with one sentence. Each person adds one more sentence.

Weather Report

Each person shares their mood as weather: sunny, cloudy, rainy or stormy.

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