

## Summer 2019 Lakeaires Move and Groove Rotations

<b>June 12-14th</b>				
12 LOW-Who am I?  MED-Animal Farm  HIGH-Color Tag	13 LOW-Balloon Breathing, Shoulder Breathing MED-Dance Freeze  HIGH-Eagle and Mouse	14 LOW-Whats the time Mr. Wolf  MED-Home Run Tag  HIGH--Heads or Tails		
<b>June 17th-21st</b>				
17 LOW-Hand Game  MED-My DVD Player  HIGH-Everyone's It	18 LOW-Bumble Bee Breathing, Take 5 Breathing  MED-Rainbow Run  HIGH-Grumps Island	19 LOW- Smiling Mind (chromebook) Guided Meditation MED-Sharks and Minnows HIGH-Steal the Bacon	20 LOW-In My Grandma's Attic  MED-Concentration Ball  HIGH-Around the World	21 LOW--Super Stretch yoga  MED-7-up Tag  HIGH-Crab Soccer
<b>June 24th-28th</b>				
24 LOW-Who am I?  MED-Band-aid Tag  HIGH-Garbage Ball	25 LOW-Back to Back Breathing, Tummy Breathing  MED-Capture the Flag  HIGH-Giants, wizards, elves and dragons	26 LOW- Smiling Mind (chromebook) Guided Meditation MED-Medic  HIGH-Big Base Kick Ball	27 LOW-What is the time Mr. Wolf?  MED-Fastest Tagger  HIGH-Musical Madness	28 LOW-Super Stretch Yoga  MED-Line Tag  HIGH-Outbreak (foam noodles)

**July 1st-3rd**

1 LOW-Hand Game  MED-Animal Farm  HIGH-Pin Bombardment	2 LOW-Balloon Breathing, Shoulder Breathing  MED-Dance Freeze  HIGH-Color Tag	3 LOW- Smiling Mind (chromebook) Guided Meditation MED-Home run Tag  HIGH-Eagle and Mouse	NO EXT. DAY!	
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**July 8th-12th**

8 LOW-Who am I?  MED-My DVD Player  HIGH-Heads or Tails	9 LOW-Bumble Bee Breathing, Take 5 Breathing  MED-Rainbow Run  HIGH-Grumps Island	10 LOW- Smiling Mind (chromebook) Guided Meditation MED-SHarks and Minnows  HIGH-Steal the Bacon	11 LOW-What is the time Mr. Wolf?  MED-Concentration Ball  HIGH-Around the World	12 LOW-Super Stretch Yoga  MED-7-up Tag  HIGH-Crab Soccer
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**July 15th-19th**

15 LOW-Hand Game  MED-Band-aid Tag  HIGH--Everyone's It	16 LOW-Back to Back Breathing, Tummy Breathing  MED-Capture The Flag  HIGH-Garbage Ball	17 LOW-Mindfulness Wednesday) smiling App (chromebook) guided meditation MED-Medic  HIGH-Giants, wizards, elves and dragons	18 LOW-In My Grandma's Attic  MED- Fastest Tagger  HIGH-Big Base Kick-Ball	19 LOW-Super Stretch Yoga  MED-Line Tag  HIGH-Musical Madness
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**July 22nd-26th**

22 LOW-Who am I?  MED-Animal Farm  HIGH-Outbreak (foam noodles)	23 LOW-Balloon Breathing, Shoulder Breathing  MED-Dance Freeze  HIGH-Pin Bombardment	24 LOW- Smiling Mind (chromebook) Guided Meditation MED-Home Run Tag  HIGH-Color Tag	25 LOW-What is the time Mr. Wolf?  MED-My DVD Player  HIGH-Eagle and Mouse	26 LOW-Super Stretch Yoga  MED-Rainbow Run  HIGH-Heads or Tails
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**July 29th-2nd**

29 LOW-Hand Game  MED-Sharks and Minnows  HIGH--Everyone's It	30 LOW-Bumble Bee Breathing, Take 5 Breathing  MED- Concentration Ball  HIGH-Grumps Island	1 LOW- Smiling Mind (chromebook) Guided Meditation MED-7-up Tag  HIGH-Steal the Bacon	2 LOW-In My Grandma's Attic  MED-Band-aid Tag  HIGH-Around the World	NO EXT. DAY LOW-Super Stretch Yoga  MED-Capture The flag  HIGH-Crab Soccer
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**August 5th-9th**

5 LOW-Who am I?  MED-Fastest Tagger  HIGH-Garbage Ball	6 LOW-Back to Back Breathing, Tummy Breathing  MED-Medic  HIGH-Giants, wizards, elves and dragons	7 LOW- Smiling Mind (chromebook) Guided Meditation MED-Line Tag  HIGH-Big Base Kick Ball	8 LOW-What is the time Mr. Wolf?  MED-Animal Farm  HIGH-Musical Madness	9 LOW-Super Stretch Yoga  MED-Dance Freeze  HIGH--Outbreak (foam noodles)
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**August 12th-16th**

12 LOW-Hand Game  MED-Home-Run Tag  HIGH-Pin Bombardment	13 LOW-Balloon Breathing, Shoulder Breathing  MED-My DVD player  HIGH-Color Tag	14 LOW- Smiling Mind (chromebook) Guided Meditation MED-Rainbow Run  HIGH-Eagle and Mouse	15 LOW-In My Grandma's Attic  MED-SHarks and Minnows  HIGH-Heads or Tails	16 LOW-Super Stretch Yoga  MED- Concentration Ball  HIGH- Everyone's It
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In My Grandma's Attic

The first player says, "In my grandmother's attic, I found (name something that starts with A

The next player says the same phrase, the object beginning with the "A," and then something that begins with a "B."

Continue this way, each player reciting the previous items and adding another, all the way through the alphabet to "Z."

## Moon Trip

One camper announces that he is going on a moon trip and is bringing two things, and names two examples.

Camper then says that if you want to go then you have to bring two things, and as the "space commander" he will let you know if you can bring the items you suggest.

Go around the group and ask them their name and what they will bring. If their items don't meet the correct criteria, camper can't come into space, and move on the next camper.

Repeat this a couple times around the group until most campers guess the secret...

The first thing must start with the first initial of camper's first name and the second thing starts with