

TONGUE TWISTER ACTION



EQUIPMENT >>>

- ✓ Music (optional)

SET UP >>>

- ✓ Participants stand a safe distance apart from each other in the activity area.
- ✓ On a large piece of paper display several tongue twisters, such as "She sells sea shells by the sea shore", "Peter Piper picked a peck of pickled peppers", etc.

ACTIVITY >>>

- ✓ Choose one tongue twister and ask participants to identify key words (sells, sea, picked, etc.). Ask participants to associate physical activities to the words.
- ✓ Repeat the tongue twister while participants complete the associated physical activities.