

WILLY WARM-UPS

Sometimes kids need to “warm up” before they begin an activity. Or perhaps your group members’ attention is waning during a meeting. Use these ideas to lead everyone into action.

- **Nose Song**—Have kids find a partner and sing “Row, Row, Row Your Boat” in unison while they each hold their partner’s nose.

- **Backward Writing**—Challenge kids each to write their name and address backward (so they would look correct when held up to a mirror).

- **Cracker Mouth**—Get ready for some laughs. Have kids each race to pick up a saltine cracker off a table with their mouth (no hands allowed), eat it and then whistle “Mary Had a Little Lamb.”

- **Spin ‘n’ Sing**—Give these instructions: **Get together with two other people. The first person sings the first line of “The Star-Spangled Banner” and spins around three times. Then the second person sings the second line and spins around three times, and so on until the song is finished. Sing each line of the song as fast as you can.**

- **Pat-a-Cake Relay**—Form two teams to run a relay race. The first person in each line runs to a designated point, touches it, returns to the line and