

California Dreamin'
Grades 3-5

Formation: Standing at desks
Equipment: None

Rules/Directions:

- Teacher leads the class on a virtual tour of California. Students move at least 30 seconds for each of the actions listed below:
 - March across the Golden Gate Bridge
 - Surf in the Pacific Ocean
 - Climb up a Redwood Tree
 - Pretend you are an actor and wave to all of your fans
 - Flex your muscles like former governor Arnold Schwarzenegger
 - Stomp the grapes
 - Meditate like Jerry Brown, the current governor
 - Pick oranges
 - In-line skate on the boardwalk
 - Ski in the Sierra Nevadas
 - Climb Mount Whitney, the highest peak in the continental U.S.
 - Crawl through the scorching Death Valley Desert
 - Hit a homerun at the Oakland Coliseum
 - Shoot a foul shot at Oracle Arena.

- Teacher or students may add other activities.
- Teacher may use the same concept with any state.

Variation:

- Teacher may use a wall map to point out specific landmarks or areas.