

Interruptions

37

This fun energizer can serve double-duty by reinforcing language arts skills.

GRADE LEVEL

K–3

SKILLS PRACTICED

Focusing,
self-control,
phonetic auditory
awareness,
sentence structure

MATERIALS NEEDED

A short passage
or poem or a
paragraph or two
from any book the
class is reading

PREPARING STUDENTS FOR SUCCESS

When introducing this energizer, start with one or two parameters and gradually add more.

ACTIONS

Clap when they hear a word that starts with the “s” sound (or another consonant sound you identify).

Snap when they hear the long “e” sound (or another vowel sound you identify).

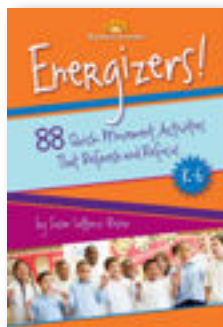
Sit down when they hear the end of a sentence.

Stand up when they hear the beginning of a sentence.

VARIATIONS

Have everyone read the passage together.

Have students make sounds for each type of ending punctuation. For example, students could say *shoom-bop* for exclamation points, *hmmmm?* for question marks, and *zip* for periods.



88 MORE ENERGIZERS!

For a complete list of energizers, including tips and handouts, check out [Energizers K–6: 88 Quick Movement Activities that Refresh and Refocus](#).