

Power Skills



Athletic Theatre

Move expressively, creatively and rhythmically

Ready

- Invite family members and friends to join the fun.
- Think of a few different themes (e.g. circus, jungle, or hospital).
- Brainstorm 4 or 5 different things you can act out that would help others guess the different themes.

Theme - Circus

Charade actions - strong man, lion tamer, juggler, tightrope walker, clown, etc.

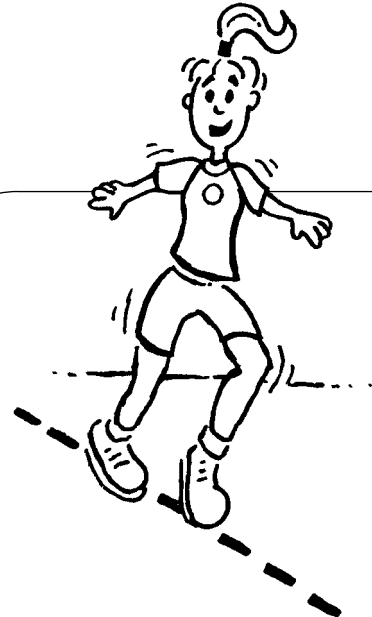
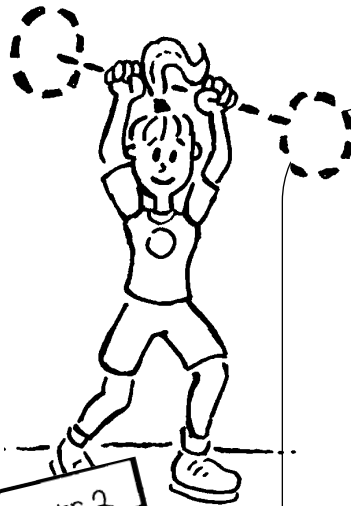
Set!

Pick one of the themes you want to portray.

Hint: Choose a theme that allows you to express the charade actions clearly.

GO!

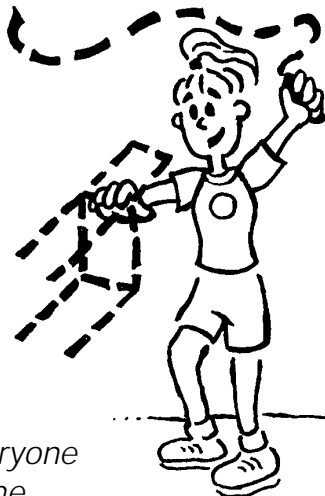
- You have 20 seconds to portray your actions!
- Everyone else can try to guess your charade.
- When a player has done all 3 charade actions, everyone can try to guess the theme.



Player 1	Player 2
① _____	_____
② _____	_____
③ _____	_____
Guess the Category	
_____	_____

Plan your charades!

Think about how you can portray the charade using simple body actions. Plan how you can use your facial expressions, arms, hands, feet, etc.



Heart Leaders!



Learn how to prevent heart disease and stroke. Create a school or community production and present healthy lifestyle options to an audience.