

# Water Cycle Stretch

Pupils stand away from their chair, with enough space to bend forward. Teacher narrates the water cycle story below and leads pupils with the accompanying movements.

<i>Pretend you are a large body of water (ocean, river or lake).</i>	Sway from side to side like gentle water lapping.
<i>The sun's rays are beaming down, nice and warm.</i>	Stretch arms up and take a big breath, stretch arms out and down.
<i>The rays are heating up the surface of your water nicely.</i>	With arms at sides, roll shoulders back and down slowly 3-4 times.
<i>With the sun's warmth, droplets from the surface turn to vapour and move up to the sky. (Evaporation)</i>	Wiggle fingers like twinkling droplets of water. Take a deep breath and raise arms up.
<i>In the sky the air temperature gets colder. The water starts to cool down.</i>	Cross arms over chest to hug yourself, like you are cold.
<i>The droplets cooling down in the sky start to join together to form clouds. (Condensation)</i>	With both feet on floor, bend body forward, like trying to touch your toes.
<i>The clouds start to become heavy with all this water.</i>	Lift knee to waist height, balance on one leg. Then swap legs.
<i>It's so heavy now, the water falls as rain. (Precipitation)</i>	Bend body forward, like trying to touch your toes.
<i>Rain falls onto the land; water returns to oceans, rivers and lakes.</i>	Repeat cycle again, or flow like water back onto your chair.

## Learning across the Curriculum

This Bizzy Break can be used as a starting point to explore **the water cycle** and **using the body to help us learn**. You might like to try the below activities.



**Strand:** Natural environments  
**Strand Unit:** Weather, climate and atmosphere

- Exploring the water cycle and experimenting with condensation and evaporation.



**Strand:** Drama to explore feelings and ideas  
**Strand Unit:** Exploring and making drama

- Acting out other natural processes or scientific concepts using the body and story.