

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.

Pretend you are a large body of water (ocean, river or lake).

Sway from side to side like gentle water lapping.

The sun's rays are beaming down, nice and warm.

Stretch arms up and take a big breath, stretch arms out and down.

The rays are heating up the surface of your water nicely.

With arms at sides, roll shoulders back and down slowly 3-4 times.

With the sun's warmth, droplets from the surface turn to vapour and move up to the sky. (Evaporation)

Wiggle fingers like twinkling droplets of water. Take a deep breath and raise arms up.

In the sky the air temperature gets colder. The water starts to cool down.

Cross arms over chest to hug yourself, like you are cold.

The droplets cooling down in the sky start to join together to form clouds. (Condensation)

With both feet on floor, bend body forward, like trying to touch your toes.

The clouds start to become heavy with all this water.

Lift knee to waist height, balance on one leg. Then swap legs.

It's so heavy now, the water falls as rain. (Precipitation)

Bend body forward, like trying to touch your toes.

Rain falls onto the land; water returns to oceans, rivers and lakes.

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.

Geography

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

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

Drama

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.