

Energizer of the Month:

Apple Tree

Play this fun classroom energizer after the Harvest of the Month taste-test to reinforce learning.

This activity was adapted from the Shape of Yoga, available at <http://www.cdph.ca.gov/programs/cpns/Documents/Network-ShapeofYoga.pdf>

Ready:

- Use this activity to review facts about apples from the *Harvest of the Month* Educator Newsletter.

Set:

- Have students spread out within the classroom or behind their desks with chairs pushed in.
- Review with students the proper form for the “Apple Tree” yoga pose (page 2).

Go:

- To start the activity, call out “Pick apples!” Students walk around the classroom on tip-toes, reaching up high and pretending to pick apples.
- After about 30 seconds, call out “3-2-1-Apple Tree!” This is the cue for students to immediately get into the apple tree pose (remind them to stare at something on the ground to help keep their balance).
- While students are holding the apple tree pose, ask them a question related to apples. For example:
 - What part of the apple has most of the fiber and nutrients? (the peel)
 - When are apples harvested? (autumn)
 - What is your favorite color of apple?
 - What is your favorite way to eat apples?
- After the question has been answered, say “Pick apples,” to start another round.

