



Energizer of the Month: Cool as a Cucumber

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

Ready:

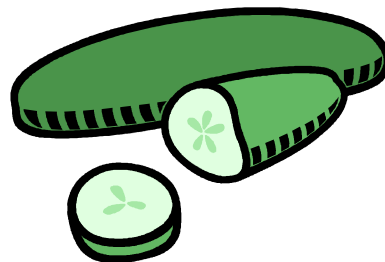
- Have students spread out within the classroom or behind their desks with chairs pushed in. Students should be able to stretch their arms out in any direction without touching anything.

Set:

- Tell students that the inside of a cucumber can be up to 20 degrees cooler than the exterior. That's why eating a cucumber, or adding cucumber slices to your water, is so refreshing!

Go:

- Choose a vigorous movement, like jumping jacks, running in place, or pretend jump rope.
- Ask students to help you think of foods or activities that make our bodies warm or hot. For example, eating a jalapeno pepper, running a mile, etc.
- Each time someone thinks of a new food or activity, do 10 seconds of the chosen movement.
- After about a minute (or when you see the students starting to get tired), call out "Cool as a Cucumber!" and lead the students in a calming deep breath:
 - On an exhale, bend your knees slightly.
 - Inhale as you straighten your legs and sweep your arms out to the sides, then up over your head.
 - Hold the inhale for a moment as you reach up as high as you can.
 - Exhale and lower arms back down to your sides.
- Change the vigorous movement and repeat. Play as many rounds as time allows.



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