

*Name of Activity:* California Dreamin'  
*Grade Level:* 3-5  
*Formation:* Standing at desks  
*Equipment:* None

*Rules/Directions:*

1. Teacher leads the class on a virtual tour of California. Students move at least 30 seconds for each of the actions listed below.
  - March across the Golden Gate Bridge
  - Surf in the Pacific Ocean
  - Climb up a Redwood Tree
  - Pretend you are an actor and wave to all your fans
  - Flex your muscles like Arnold Schwarzenegger, the governor
  - Stomp the grapes
  - Pick oranges
  - In line skate on the boardwalk
  - Ski on the Sierra Nevadas
  - Climb Mount Whitney, the highest peak in the continental US
  - Crawl through the Death Valley Desert
  - Hit a homerun at Pac-Bell Park
  - Shoot a foul shot at the Staples Center
2. Teacher may use same concept with any state.

*Variation:*

1. Teacher can use a wall map to point out specific landmarks or areas.

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