Air Writing

**AGE/GRADE LEVEL:** Youth, Grades K-2; Adults and Older Adults

**FORMATION:** Standing, with arm’s length space around each participant

**EQUIPMENT:** 1 scarf, 18” string, or ribbon stick for each participant

**RULES/DIRECTIONS:**
*Youth*:
1. Begin by asking students to move in place or around the room by jumping, hopping, marching, or twisting.
2. Teacher calls out “stop” or “freeze” and calls out the name of a fruit or vegetable and the name of a body part (hand, arm, leg, head, elbow, knee, or any combination).
3. Using the named body part, students write the name of the fruit or vegetable in the air and continue the movement until the teacher calls out a new word to spell and a new body part to use.

*Adult*:
1. Ask each participant to think of a fruit or vegetable that their family enjoys.
2. Ask one person to share the name of their favorite fruit or vegetable. Using the scarf or ribbon, each person spells out the name using large arm motions in the air. Switch arms and repeat.
3. Continue this activity until each person has had a chance to share about their families’ fruit or vegetable or for 3-5 minutes.

**TEACHING TIP:** Write the words on a board or poster to aid in spelling.

**VARIATION:** Use Ojibwe (or other language) words for different foods.

**NUTRITION NOTE:** Use with lesson on increasing the intake of fruits and/or vegetables.