



## MOVE IT MONDAY: MR MEN BOOKS - CHARACTERS

You will need a partner for this game, if you are doing this activity in school then the class can participate whilst the teacher calls out the instructions. If you are at home, you can ask a family member to call them out for you.

You will be working for 2 minutes with a 1-minute rest, then working again for another 2 minutes, travelling around in a safe space.

During your 'working' minutes your teacher/family member will call out different Mr or Mrs Characters (see the attached sheet for ideas – page 3), and you need to travel like that character i.e., Mr Tall, you must make yourself as tall as you can whilst continuing to travel around..... not all the characters are as easy as Mr Tall! You must continue moving around like your character until another one is called out.

Try and be creative with your movements, see if you can use different levels, different speeds etc. Why not try and make your teacher/family member laugh with the characters you are pretending to be, without being silly!

Some of the characters are quite tricky so you have 3 passes that you can use, if you use a 'pass' continue to run around until you hear the next character. You can also copy others if you are unsure or ask for help if you are unsure of the meaning of a word.

**Once you have finished, write down which character you enjoyed doing the most.**