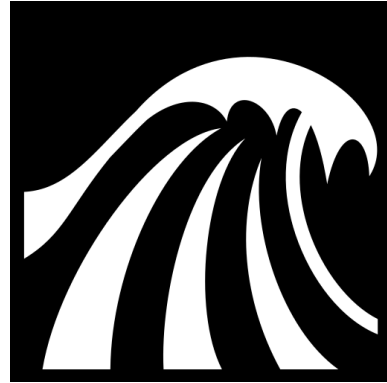


**DPA Cool Down Idea 2: Wave**

**Ages appropriate for:** Grades 3-8



**Equipment needed:** None

**The Nitty Gritty:**

1. Students move slowly (e.g., in a slow jog, brisk walk) around the activity area. Have students form a circle
2. Designate a leader, who chooses stretches
3. Have students “pass” each stretch around the circle and hold it as others join in, creating a wave effect

**How to tie it into the curriculum:**

Science: Waves and Wind

**Source:** Peel region