Name/Title: **Mystery Exercise Box**

Purpose of Event: ?This is a fun hands-on project that students can create and then use to get exercise and be active!? Great for “MakerGym”, fitness motivation, art integration, and at home PE.

Suggested Grade Level: K-5

Materials Needed:
Tissue Box (or any box)
Paper
Scissors
Glue/Tape
Markers/Crayons/Colored Pencils
Stickers/Magazines/Crafty Decorations

Description of Idea

In this project-based activity students construct a “Mystery Exercise Box.”

To make this box they decorate a tissue box or any type of box in their own creative way using paper, magazine clippings, stickers, drawings, etc. this helps students feel invested in what they are doing because they can personalize it.

Then students write down exercises and/or actions on slips of paper to fold up and put inside of the box.

They can also include questions such as, “What is your favorite sport, healthy food, outdoor activity?”

Once they are done they can shake up the box and pick out a slip of paper to see what it unveils!

Video:

Submitted by **Stefanie Rothschild** who teaches at Stall Brook Elementary School in Bellingham, MA. Thanks for contributing to PE Central! **Posted on PEC: 5/18/2020**.

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