Name/Title: Silent Hands

Purpose of Event: To quiet students upon entering and exiting the activity area or classroom.

Suggested Grade Level: K-2

Description of Idea

Upon entering the activity area/gynasium, the students quietly go to their assigned "seat". The teacher sits in front of the children, and without talking, begins making hand guestures. The kids will do as the teacher does without any noise. This is a great way to begin and end class.

Hand guestures used include the following:

- "Raise the Roof"
- windshield wipers
- climbing ladder
- punching bag
- single hand waves
- arm and hand circles
- wax on wax off
- swimming strokes
- stretching above the head and side to side
- palms up palms down, etc.

It is great to do these in slow motion as it makes them very attentive. I also use **sign language** to spell out the muscle of the week. Some of the older kids already know some of the signs, so upon completion, I will sign the letter and ask who knows what letter that represents in sign language.

Submitted by **Leslie Hanneken** who teaches at Harold McCormick Elementary School in Elizabethton , TN .
Thanks for contributing to PE Central! **Posted on PEC: 5/17/2000**.

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