

## Activity #16: Can the Tube!

HEALTH/PE

### Directions:

1. Ask students to bring in a clean container, can, or plastic bowl.
2. Have each student make a colorful label to put around his or her container and come up with a name such as "Favorite Things to Do," "Boredom Busters," or "Can the Tube."
3. Brainstorm with your students about their favorite activities, hobbies, sports, etc. and make a list on the board. (Refer to the "Answer Key" on page 54 for a list of sample activities.)
4. Copy and distribute **Activity Sheet #16**.
5. Have students fill in the rectangles with pictures and/or the names of activities they enjoy or would like to try.
6. Have students cut out the rectangles, fold them up, and put them into their decorated cans. Encourage students to pick an activity from the can the next time they feel bored or want something to do other than watching TV.



### **Additional Activity:**

In addition to making individual cans, you may want to make a "Class Can" that you or your students can pick from for recess time, rainy days, or when students get restless and need a break.



# Can the Tube!

Name: \_\_\_\_\_ Activity Sheet #16

**Directions:** Write and/or draw your favorite activities in the boxes below.

<p>jumping rope</p> 	