

4 R's ACTION ACTIVITY GAME - EDUCATOR INSTRUCTIONS

This activity engages children with the 4 R's – Rethink, Reduce, Reuse and Recycle in a fun way using their bodies to create actions that represent each of the 4R's and acts also as a memory game.

You will need:

- A chair for each child
- An example prop of each of the 4 R's
- **1 x set of 4 R's sign sheets – Rethink, Reduce, Reuse, Recycle**

What to do:

1. Arrange the chairs in a nice big circle – one for each child.
2. With everyone seated go through the 4 R's using the **4 R's sign sheets** and discuss what each of them might mean for the children and some examples from their everyday lives. You might decide to use a few props here.

Rethink – think again/ think differently.

Reduce – use less.

Reuse – use again.

Recycle – make again.

3. Explain that you are going to play an action game, and everyone is going to learn an action for each of the 4 R's. Everyone will be standing to do the actions, and the educator will call out the actions that the children need to do and will call out gradually faster and faster. If the children get the action wrong, they sit down. This is an opportunity for self-regulation and for each child to sit down if they make a mistake with the action. It's a bit like musical statues without the music!
4. Get all the children to stand and show them the following 4 actions:
 - **Rethink – tap both hands on the top of your head.**
 - **Reduce – place hands flat out, palms down in front of you and push down (indicating less stuff)**
 - **Reuse – place hands flat out in front of you, palms facing up and ask the children to imagine that their flat hands are pieces of paper, then flip over (and reuse the other side)**
 - **Recycle – Use your forefinger to point clearly and make a circular motion continually.**
5. Do a few test runs and then begin the game, getting faster and faster with the action words and mixing them up in terms of order, with children sitting down if they made the wrong action.
6. The last few children standing are the 4 R's Champions for the day!