

# COGNITIVE ACTIVITIES



PennState  
PRO Wellness



## Movement Name Game

**Developmental Goal:** To learn everyone's name

**Skills Practiced:** Repetition and memorization

**Equipment Needed:** None

**Before You Start:**

- Have the whole group stand in a circle.
- Demonstrate how to speak loudly while doing a large movement.
  - > Have everyone repeat your name and movement.

**How to Play:**

- The first person begins the circle rotation by loudly saying his/her name while at the same time doing a movement.
- The whole group repeats back the name and movement.
- The next student says her/his name and does a movement of his/her own.
- Again whole group repeats back the name and movement.
- This call and response continues around the circle until everyone has gotten a turn.

**Variation(s):**

- For a second rotation specify the kind of movement the students are to make- must leave the ground, must land on one foot, must spin around, etc.

Flip over to view  
another activity.



# COGNITIVE ACTIVITIES



PennState  
PRO Wellness



## Grocery Store

**Developmental Goal:** To develop students' memorization skills and listening to directions

**Skills Practiced:** Running, agility, safe tagging, spatial awareness and evasion

**Equipment Needed:** At least 3 sets of 4 same-color cones needed

(4 green cones, 4 yellow cones, 4 red cones, 4 orange cones, 4 purple cones, 4 blue cones)

**Setup:** Set up 3-6 sets of cones around in a given area. Each set of 4 cones should make a square. (The bigger the area used the more fun.)

### Before You Start:

- Demonstrate safe tagging:
  - > Light touch, like butterfly wings, on the back or shoulder.
  - > Unsafe tags: hard contact might cause the person being tagged to fall
- Remind kids to be aware of others running around them
- Assign each set of cones a fruit or vegetable that corresponds to their color (e.g. purple cones = grapes, yellow cones = lemons, etc.)
  - > Make sure students can repeat which fruit each color of cones corresponds to

### How to Play:

- The leader starts as the Shopper. The Shopper will yell out, "I am going to the store to buy some... grapes!"
- All the students must then run over to the box of purple cones without being tagged by the shopper.
- If they do get tagged they become a shopper and a tagger as well.

Flip over to view  
another activity.

