



## 7 Online Learning Time-fillers

(For When You're in a Pinch)

\*Always remind students to 'keep it appropriate'

\*Adjust as necessary for the age group

### 1. Charades

- Use the private message chat feature (if you were made Co-host on Zoom) to give an 'object/action' to a student
- The student acts it out on camera while other students guess (in the chat bar, or aloud)
- Easier examples: fishing, balloon, hiccup, jump, banana peel, blink
- Harder examples: measure, coffee, birthday, clown, cradle

### 2. Breathing

- Box breathing: inhale for 4 seconds (picture one vertical side of a box), hold for 4 seconds (picture top of box), exhale for 4 seconds (picture other vertical side), hold for 4 seconds (bottom of box)
- Breathe in clear clean glowing light, breathe out heavy stressful black smoke
- Focus on a part of your body that hurts. Breathe slowly into that body part, exhale.

### 3. Student-led Stretching:

- Ask a student to choose/model/ lead the group in a stretch
- Take turns thinking of new stretches

### 4. Scavenger Hunt around the Room/Home:

- Find and retrieve something shiny/black & white/sweet/with sharp edges/living/
- Find and retrieve something you could use for a fairy house, that reminds you of your family, that represents some part of you, that has to do with a family tradition, etc.

5. **Riddles** – speed is OK but students shouldn't call out answers. They can private chat you their answers so others can continue working/thinking.
- Two students are playing chess. They play a total of 5 games. Each win three games. How is this possible? (They weren't actually playing each other!)
  - Three doctors said that Robert was their brother. Robert said he had no brothers. Who is lying? (Doctors are almost half women, so the easiest explanation is that the three doctors in question were all Robert's sisters.)
  - The ages of a mother and daughter add up to 55. The mother's age is the daughter's age reversed. How old could they be? (3 correct pair, found by trial and error: 51 & 15, 42 and 24, 60 and 06.)
6. **Student-Student Sharing: *The Weekend (a staple)***
- What did you do last weekend? Does anyone have an exciting plans for this coming weekend?
7. **Student-Student Sharing: *Pandemic Times***
- What are some of the unexpected delights of living through a global pandemic? (We know there is MUCH to complain about, but what are some of your 'silver linings?')