



Stand Up / Sit Down

Math Concepts: Properties of objects

Materials: Random objects, magazine clippings

Players: Whole group

Set up: Have your students in a place where it is easy to stand up or sit down.

Play: This is quick and easy. If the teacher gives the number 10, students stand up. Any other number, they sit down. The trick is, the teacher will say things like “ $7 + 3$ ” and “ $14 - 5$ ” – pick appropriate sums and differences for your students to solve mentally. This is a great game to try to “trick” the students by standing up or sitting down when they should be doing the opposite.

Goal: Have a movement break that involves having fun with math.

– DISCUSSION AND TIPS –

Letting students lead the group can be a lot of fun.

– VARIATIONS –

There are endless variations. Here are a few.

- Replace 10 with some other number.
- Stand when the number is larger than 5; sit if it is 5 or below.
- Stand when the number is even; sit when it is odd.
- Stand if the digit 1 appears on the number; sit otherwise.

