

## Daily Physical Activity Game – Scots Language

To reinforce Scots words we have learned in class and have some fun using them.

Children follow the instructions and get a bit of exercise by doing some of the more active actions interspersed with the less active ones.

**Touch yer lugs**

Children touch ears

**Close yer een**

Children close eyes

**Loup up and doon**

Children jump and down

**Mak yersel muckle**

Children stretch up tall

**Mak yersel wee**

Children crouch down

**Point tae the windee**

Children point to the window

**Keek oot the door**

Children bend and look out the door

**Shoogle yer bahoochie**

Children shake their behinds

**Touch yer taes**

Children touch their toes

**Raid up yer clarty claes**

Children dust off their clothes

**Jazz haunds**

Children shake their hands