Garbage Bag Pick-up

Materials:
one sturdy garbage bag
duct tape
plastic straws

Directions:
Using the duct tape, tape the garbage bag to the floor. Cut the ends of six straws at an angle. Have students carefully pierce the top layer of the garbage bag with the pointed end of the straw. Have a student remove shoes and sit cross-legged on the garbage bag. At the teacher’s signal, students are to blow up the bag lifting the seated student off the floor.

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