I have to wash my gaming console.	I have to read the whole internet by Monday.
I'm joining the Secret Service.	I've lost my house key so I have to move.
My phone needs a babysitter that night.	I'm all out of ice, and I don't know how to make more.
I have a pedicure scheduled for today.	I have volunteered for the Mars mission.
I have to walk my pet worms.	I bought a new hairbrush, and I have to test it out.

I am busy copying the whole dictionary.	My teddy bear has a veterinarian appointment.
I promised to clean my dentist's teeth for a change.	My solar battery has to charge all night.
I need to knit a sweater for my pet lizard.	The ice cream truck spilled in front of my house, and I need to buy spoons.
I'm watching the clock on my phone and tablet to see which one wins.	I have to vacuum my toilet.
I'm comparing my fingerprints with everyone at the mall—maybe I'll find a match!	My grass needs to be watched or it won't grow.

I have to empty my swimming pool with a teaspoon.	I'm counting all the sand at the beach.
I'm stapling JELL-O® to trees all day.	I have to make a meme about potatoes.
My school report on boredom is due tomorrow.	I have a bad case of hoof and mouth disease.
I've been hit on the head, and I can only understand Klingon.	I'm waiting for the aliens to show up. They're late.
I'm in an epic game of hide and seek.	I do not understand your planet's strange customs.

I can't leave my pillow unsupervised in my room. Don't ask.	I have to count all the sprinkles on all the donuts at Dunkin' Donuts®.
My flying lessons are tonight—I have to rest my arms.	I am devoting myself to the study of the flugelhorn.
My socks are itchy, so I need to find new feet.	I'm becoming a mime.
I am a time traveler from the future.	I am a time traveler from the past.
My rabbit has eaten all of my homework since preschool.	I am resting up for the big thumb wrestling match later.

I need pencils for	I need help with
my homework.	my homework.
I need someone to take	I need someone
me to the park.	to walk me home.
I need help making cookies.	I need all these potatoes washed and peeled.
I need an extra 50 cents	I need help with
for lunch tomorrow.	my yard work.
I need some lunch	I need help cleaning
because I forgot mine.	the classroom.

I need someone to watch	I need help on
my little brother.	the soccer field.
I need to borrow your tablet.	I need someone to suggest new music for my car ride.
I need help cleaning out the pet cages.	I need a friend to play with.
I need someone to push	I need someone to hold
the grocery cart.	the door at the store.
I need to use	I need to use your sports
the tablet for work.	equipment for practice.

Okay, team! We've got a big job—we have to bike this money from Macedonia to Jerusalem. That's over [2,000 kilometers or 1,242 miles]!

So, let's quickly stretch and get ready. (Lead the kids in some simple stretching exercises.)

First, we have to pretend to pedal. (Do high-knees and hold out your hands like you're gripping handlebars.) Okay, let's pedal really fast to start us out!

There are a ton of twists and turns as we go through the Macedonian countryside. Let's lean LEFT . . . Now RIGHT. . . Now LEFT . . . STOP, STOP! BRAKE! There's a sheep!

Okay, pedal a little slower now. We're going uphill. And now, lean forward and pedal really hard. And now ... LEAN IN to the downhill!

PAUSE for a second. We're on a ship! We needed to take a boat to Asia Minor. Wave to everyone on the shore. Get back on your bikes and stay still. We're going to rock with the waves. Lean BACK and FORTH and BACK and FORTH and SIDE to SIDE and SIDE to SIDE. Whew! We made it to dry land!

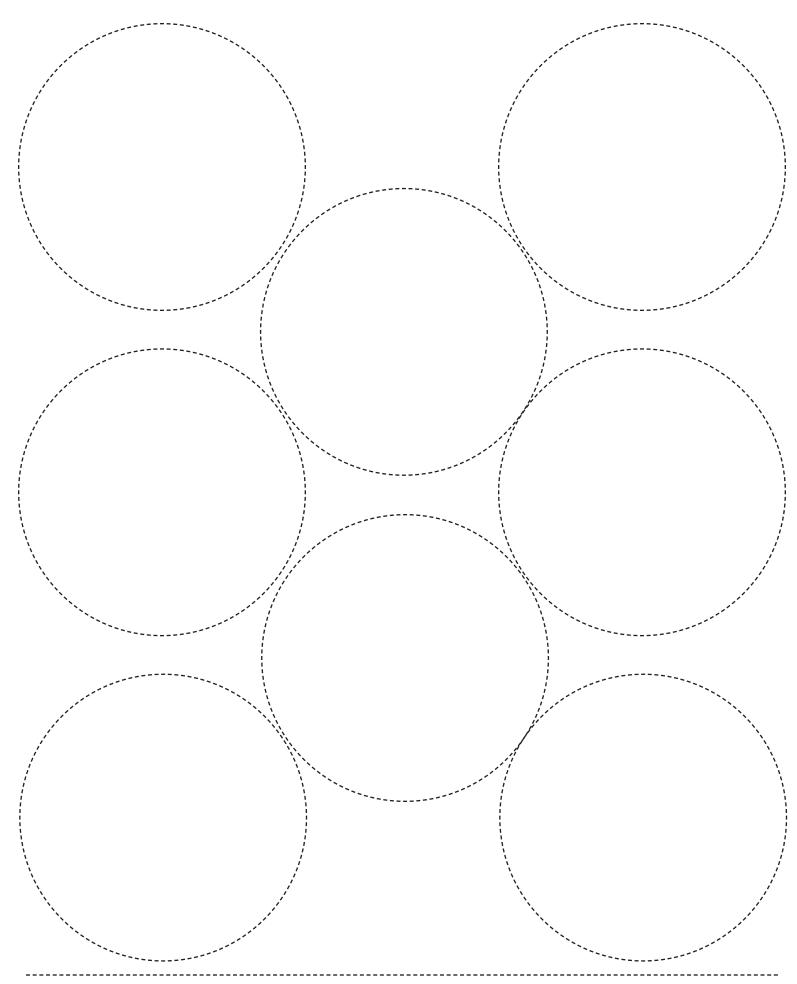
Okay, we have to circle around the big cities in Asia Minor, so let's take this in a circle. (Lead the group in a large circle around the room, reminding them to KEEP PEDALING and KEEP STEERING! You can make this as many rounds as you want, or reverse direction if you need.)

(Once you're back in place.) Let's pedal faster again! We're near the coast of the Mediterranean Sea. DEEPLY BREATHE in that air. Okay, here are some more turns LEFT and RIGHT and LEFT again and RIGHT!

Pedal slower, we have to ask for directions. We can't ask just anyone. We have a lot of money to protect. Let's slow way down and look inconspicuous—that means NORMAL.

Here we go. We're in Jerusalem. Pedal UP the hills and DOWN the hills . . . and UP the hills and DOWN the hills.

I see a guy from the Jerusalem church! I'll give him the money. You guys take a deep breath and do some stretches. We're doing this all again on the way home!



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