**3 Stack Attack**

**Grade Level:** K-6

**Skills:** hand-eye coordination, discrete motor enhancement, low physical activity

**Objective:** 5.MEH.1: Practice a variety of stress management techniques. A great time to discuss stress management techniques occurs immediately after the completion of this activity.

**Equipment:** You will need multiple sets of cup stackers. The more the merrier.

**Organization:** Scatter the sets of three (3) cups throughout the activity area. Place them so there is room to move amongst all of the sets on the floor. Divide the class into teams of two.

**Activity:** When you say “go” the task of half the class is to stack the cups into a pyramid. The task of the other half of the class is to downstack the cups and place them in a line of three. Continue in this manner for a few minutes then change the tasks of each group of students.

**Variations:** If you’re in a classroom then the cups will be stacked upon the desks.

Allow younger students the option of working with a partner while seated on the floor. One student will stack the cups and the other will downstack the cups.

Dribble a soccer ball or a basketball while performing the tasks.

Have students hold a plank position and/or drop their knees to the floor as needed.

Introduce more cups and perform a 3-6-3 or a 3-2-1 stack and downstack in a line.

**Piloted at:** LMAS