



Very active TPR for the EFL classroom

Below is a list of some instructions you can give your students to make them move around the classroom. This can be used as a warmer, to practice classroom vocabulary (useful for making sure they understand real classroom instructions later on), or using the classroom as a setting to practice other language like prepositions and left and right. They can also be used to tire out and calm down students who come to class with too much physical energy.

These actions are designed to make the students move all round the classroom, so you'll need to make sure they know your policy on running, pushing etc. You also might want to move some things out of the way, alternate this activity with some of the less mobile actions here (e.g. "point at") and/ or have a cooler activity ready to do if things get too rowdy. Ways of presenting the actions to the students include reading one out, flashing it up for them to read (e.g. with a projector or OHP, or on a flashcard), eliciting the instruction from picture prompts, or giving them a numbered list of instructions (on the board or on a worksheet) and shouting out one of the numbers. You might also want to get them saying the actions as they are doing them.

Touch/ point at/ look at/ shoot/ stare at/ listen to the window/ the door/ the floor/ the carpet/ the ceiling/ the teacher/ a boy/ a girl/ a bag/ an eraser/ a book/ a chair/ a desk/ a table

Stand/ sit/ lie/ kneel/ crouch on/ in/ under/ next to/ in front of/ behind/ near
the whiteboard/ a table/ a chair/ the fire bell/ the blue door

Put your head/ body/ bag/ book/ toes/ hands/ feet/ legs/ bottom/ chin on/ in/
under/ next to/ in front of/ behind/ near...

Put your right/ left sock/ shoe/ foot/ little finger/ big toe/ leg/ elbow/ shoulder/ hand/
thumb/ middle finger/ index finger/ palm/ cheek/ thigh/ knee on/ in/ under/
next to/ in front of/ behind/ near...

Make/ stand in/ sit in a circle/ a line/ a square/ a triangle

Make/ stand in/ sit in two/ three/ four circles/ squares

Push the door/ table/ window/ cupboard/ teacher

Jump on the blue carpet/ the wooden floor

Crawl under the table/ through the chair/ on the carpet/ next to the window

Turn the chair around (twice/ ninety degrees/ halfway/ all the way)

Turn a book/ bag over



Run around the table

Take one step/ two steps/ one jump/ one hop towards/ away from
the door/ the biggest bag/ the yellow wall/ the calendar

Face the noticeboard/ the window/ Juan/ the front/ the back/ the right wall

Sit with your legs pointing towards...

Make a line between the whiteboard and the back desk

Reach/ stretch towards the ceiling/ a light/ the fire bell/ the sun/ a cloud

Clean a table/ the whiteboard/ a wall/ the carpet/ a chair

Put two/ three/ four chairs/ tables/ bags/ books together

Pull the tables apart