



Go To Bed Farmer

Call out the following prompts to help your students cooldown their bodies:

Imagine you are the Farmer coming home up at the end of the day. The farmer has had a long day and is very tired. Let's pretend we are the farmer....

- **Open the door and enter your house.**
- **Take off your dirty 'bróga', your 'cóta' and your 'hata'.**
- **Go wash your hands.**
- **Sit down and eat your dinner.**
- **You are very tired and need to go to bed.**
- **Take off your jumper, t-shirt and pants and put on your pyjama's.**
- **Now let's get into bed.**
- **Pull the duvet over you and close your eyes....**