

● **You'll need:** cones, hoops, beanbags

● **You can play:** in the gym, outside

### Game 1

#### Pacman Line Tag Rock Paper Scissors

Have players jog on the lines of the gym. When they meet another player on the line or tag them, they will play rock, paper, scissors. The player who wins gets to continue down the line, and the player that does not win must do 5 jumping jacks before continuing. Remind players that they cannot jump lines.

▲ Move along the lines in various ways: bear crawl, skip, gallop, etc

▼ Make the playing space smaller to increase opportunity to tag

### Game 2

#### Bears in the Grass

Pick 2-3 children to be it. Play in a small space or cone off half the gym. Those children will spread out in the gym and lay down on their stomach like a sleeping bear. All the other children will be bunnies. When the leader yells, bears in the grass the bears are going to wake up and try to tag the bunnies, if the bunnies are tagged they will turn into a bear. Bunnies must be jumping on two feet and bears will bear crawl with their hips up and knees off the ground.

▲ Have bunnies hold a foam block or beanbag between their knees to ensure that they take off and land on two feet

▼ Play in a smaller space as this game can be quite tiring. Switch up animals and move in simpler ways.

### Game 3

#### 4 Corner Squirrels

Place a different colour 'nest' (hoop) in each corner of the play area with 5-10 'acorns' (balls/cones/bean bags) in each hoop. Divide the group into four teams (one at each 'nest'). Teams must try to steal the other teams' 'acorns' and bring it back to their 'nest' ONE at a time. There is no way to protect 'acorns' in this game, players must try and steal new ones as quick as they can.

▲ Have players move by skipping, galloping, bear crawling, etc.

▼ Move nests or hoops closer together to reduce distance players must travel

### Mindfulness



#### High 5 Breathing