

● **You'll need:** tagging tool, foam blocks, polyspots, bean bags, cones

● **You can play:** outside, in the gym, on the blacktop, field

## Game 1

### Airplane Tag

Choose three or four taggers to be it. If tagged, players must stand on one leg with their non-standing leg out behind them as their propeller and arms out to the side as the wings. To be freed, another player must come and toe tap the plane's propeller (foot) and then they are both back in the game. Choose different taggers and change the movements for a new round.



Decrease the size of the playing area to make the game faster paced



Increase the size of the playing area to slow the game down.

## Game 2

### Float the Pond (Solo)

Give each player two lilypads (polyspot, foam block, etc) to balance on. The object of the game is to move around the pond (playing area) without falling off of the lily pads. Players can move anywhere in the pond and if they fall off the lilypads they do five jumping jacks to 'swim' back onto their lilypads. Be sure that players move the objects with their hands to progress forward rather than slide them on the ground.



Instead of polyspots use foam blocks for more of a challenge.



Use only polyspots and give visual and verbal cues about picking up the objects properly

## Game 3

### Night at the Museum

Leader or teacher is the guard starting on one end of the play area guarding treasure (15+ beanbags). Players must start on the other end and sneak up to steal one piece of treasure at a time to bring back to the start. Players can only move when the guard has their back to the group, when the guard turns around everyone must freeze. If caught moving, players restart and if they had treasure they must return it to the guard. Game continues until the players can steal all of the treasure or time runs out.



Increase distance to the guard. Have players balance on one foot when frozen



Decrease distance to the guard. Guard makes it obvious when they are going to turn around.

## Mindfulness



### Balloon Breathing