

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

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

Game 1

Pizza Delivery

Give each player a foam block (pizza). Everyone is it. Players run around while balancing the block on their palm like a pizza and try to knock other people's pizza off their hands by using only one finger. If your pizza gets knocked off you do 5 jumping jacks. Reminders: palm must be open not holding the block and block needs to be balanced away from body not resting on body parts.



Balance the block on back of hand.
Decrease size of playing area



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 polypots use foam blocks
for more of a challenge.



Use only polypots 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