

● **You'll need:** bean bags, balls, bubbles

● **You can play:** gym, blacktop, outside

## Warm Up

### Thaw

adult will be the leader in the front. Participants must stay behind the leader and follow them around the play area. As soon as the leader turns around, everyone must freeze like ice cubes, when the leader has their back to participants, they thaw and can move around again.

▲ Change the movement from running to galloping, jumping etc.

▼ Make it obvious when leader is going to turn around and verbally call out Freeze!

## Game 2

### Animal Soup !

Sing "animal soup, animal soup, what kind of animal will you choose?" The group stands in a circle and each participant has a beanbag and they throw their beanbag into the 'magic soup pot' and choose an animal. The soup pot turns everyone into that animal for 10 seconds. Then sit back down, sing again and a new participant chooses an animal. E.g. horse, bear, T-Rex, monkey, crab, frog, alligator, flamingo, cheetah, and puppy. Make sure everyone gets a turn to choose the animal.

▲ Put a hoop in the middle of the circle as a target

▼ Visually demonstrate the movement each time the light changes

## Game 3

### Roll - Bounce - Play

Adult and child game. Sit cross-legged on the floor. Explore rolling the ball along the ground around one's own body. Find a partner, put one ball aside, and sit facing each other with legs outstretched and feet touching. Practice rolling the ball back and forth on either side of the body. Roll the ball to each other and stop it with both hands.

▲ Try to throw and have the ball bounce once before the partner catches it.

▼ Use a large ball and sit with legs out in a v to create 'bumpers'

## Game 4

### Bubble Jump

The leader blows bubbles for participants to pop. You can only pop the bubbles by jumping / hopping up to pop them.

▲ Next, use balloons to see if participants can keep them up in the air.

▼ Start sitting down and have participants reach up for the bubbles