

- **You'll need:** bean bags, pinnie or scarves, hoops, cones, rope, chalk (optional)

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

Warm Up

Cat and Mouse Tails

Hand a pinnie/scarf to the parent or adult. The pinnie is tucked in to a pocket or waistband and is a tail. The child has to run after the parent/adult in order to grab their tail! Switch if the child would like a turn. If unable to partner each child with an adult, have three or four children with one adult who has multiple tails.

- ▲ adult runs quickly, spinning and dodging to make it more challenging

- ▼ Adult moves slowly allowing children a change to grab the tail

Game 2

Red Light Green Light

The leader stands at one side of the playing area. When he/she holds up green kids move forward. Yellow – kids balance on one foot. Red – kids have to freeze. If you get caught moving on red you have to do back to the beginning.

- ▲ Change the light more frequently to increase the challenge

- ▼ Visually demonstrate the movement each time the light changes

Game 3

Bean Bag Body Part Freeze

Scatter bean bags around the playing area (enough for each participant). Everyone moves around the space in different ways (walk, jump, hop etc). When the leader says a body part, participants must find a beanbag and place the indicated body part on that beanbag and balance there.

- ▲ Try more than one body part at a time to make it silly

- ▼ Start with simple body parts like finger, toe, knee etc.

Game 4

Obstacle Course

Using a variety of equipment create an obstacle course where participants can practice their balancing. A rope can be placed on the ground as a balancing beam, hoops as balancing 'lily pads' or chalk to make zig zag lines to balance along. Be creative !

- ▲ Create a long line to balance along in different ways, side shuffle, facing forward, stand on one leg etc.

- ▼ Chalk lines will be simpler to balance on than rope because it isn't raised off the ground