

- **You'll need:** tagging tool, foam blocks, foam balls, cones
- **You can play:** outside, in the gym, on the blacktop

Game 1

Bumblebee Tag

Choose 3-4 players to be the bumblebee taggers. If tagged, players must balance on one foot with their non-standing leg out behind them like a 'stinger'. To be freed, another player must come put the sole of their foot up to the bumblebee's foot and then they're both back in the game. Switch up the taggers and the movement for new rounds (galloping, skipping etc).

- ▲ Change the way players move in the space (gallop, skip, backwards walk etc.)
- ▼ Clearly demonstrate how partners should balance the object

Game 2

Funny Bones

Divide the group into partners. Provide a foam ball/foam block for each set of partners. Have everyone move around the space in different ways until the leader/teacher calls out 'funny bones!'. Once this is called, everyone must find their partner and listen to which body parts the leader/teacher calls out. If 'funny bones elbow to elbow' is called out then partners must balance the ball/block between their elbows without the item falling to the ground. Make the challenges more difficult is necessary (ex. 'funny bones knee to toe'). For new rounds, change the movement (skipping, galloping, walking backwards etc).

- ▲ Change the way players move in the space (gallop, skip, backwards walk etc.)
- ▼ Clearly demonstrate how partners should balance the object

Game 3

Four Corner Rock Paper Scissors

Divide the group into partners. Provide a foam ball/foam block for each set of partners. Have everyone move around the space in different ways until the leader/teacher calls out 'funny bones!'. Once this is called, everyone must find their partner and listen to which body parts the leader/teacher calls out. If 'funny bones elbow to elbow' is called out then partners must balance the ball/block between their elbows without the item falling to the ground. Make the challenges more difficult is necessary (ex. 'funny bones knee to toe'). For new rounds, change the movement (skipping, galloping, walking backwards etc).

- ▲ Change the way players move in the space (gallop, skip, backwards walk etc.)
- ▼ Clearly demonstrate how partners should balance the object

Mindfulness



Starfish Breathing