

● **You'll need:** foam balls, beanbags, cones

● **You can play:** outside, in the gym, on the black top

Game 1

Tent Tag

Pick 2-3 players to be it and have them hold on to a foam ball as a tagging tool. If tagged players must freeze in a downward dog position like a tent. In order to be freed another player must crawl under the tent. Remind taggers to not tag players that are crawling under tents.

▲ Have players freeze as a 3 pegged tent and hold one leg up

▼ Allow player to keep their knees on the ground until another player comes to free them

Game 2

Funny Bones

Divide players into partners. Provide a ball for each set of partners. Have partners move around the gymnasium in different ways, when the leader shouts 'funny bones' partners must stop, find their partner and hold the ball between the body parts that are called out (e.g., hips, elbows, stomachs, hands, backs, and so on). Children take turns carrying the ball.

▲ Shout out multiple body parts during one round i.e. hip, shoulder, and elbow must touch the ball at one time

▼ Use a foam ball that is easy to hold and will squish slightly when trying to balance it between body parts

Game 3

4 Corners Rock Paper Scissors

Mark 4 corners as the playing area. Have all players start at corner one and on 'Go!', they must find another player to have a rock-paper-scissors (r-p-s) match with. Whoever wins the match runs to the next corner, where they repeat the process. You must win a game of r-p-s before advancing to the next corner. Leaders or teachers will stand at corner 4. Once players advance to corner 4 they must challenge and win against a leader or teacher. Once they win in corner 4 they can collect a beanbag and restart at corner one. The goal is to complete as many rounds as possible.

▲ If players do not win a game of r-p-s they must go back one corner

▼ Remove the aspect of collecting a beanbag as a point to reduce competition

Mindfulness



High 5 Breathing