

- **You'll need:** Rackets, birdies, balloons, hoops
- **You can play:** outside, in the gym, on the blacktop, field

Game 1

Solo Rally

Provide players with a racket and a balloon. Discuss the difference between a balloon and a birdie when they fall (which one is heavier/faster/bigger/easier to hit?). The object of this activity is to simply keep the balloon from hitting the ground by striking it with a racket. Players can count the number of strikes they can get before it hitting the ground. For an added challenge, try striking the balloon against the wall.

- ▲ Progress players to a birdie when they are ready
- ▼ Provide players with a foam block vs. a racket as it is a shorter extension of their arm

Game 2

Partner Rally

For this activity, players can choose between using a balloon or a birdie/tennis ball. In partners have players rally the balloon or birdie/ball back and forth. The goal is to keep the balloon off of the ground. Provide the option to transition into using a racket and balloon, birdie or tennis ball rather than just a foam block.

- ▲ Players can progress to a birdie and by standing a further distance apart
- ▼ Players using a balloon or tennis ball can allow a bounce between rallies

Game 3

Jackpot

Divide the playing area in half with cones. On one side of the cones, scatter all of the birdies randomly. On the other side, place six-ten hoops at varying distances as the targets. Players are all working together and must stand on the side of the cones where all the birdies that are scattered. The goal of the game is to continuously serve the birdies over the cone line aiming to land them into one of the target hoops. If a birdie lands in a hoop, the leader/teacher removes the hoop. The game continues until all hoops are eliminated or time runs out. Leaders/teachers return the birdies back to other side OR divide the group into teams (a serving team and a returning team).

- ▲ Use small bins or foam blocks as more challenging targets
- ▼ Play individually and provide each player with a hoop to serve into

Mindfulness



Elevator Breathing