

- **You'll need:** foam balls, tagging tool, foam blocks, cones
- **You can play:** Gym, field, outside

Game 1

Camping Tag

Choose three-four players to be taggers. Once tagged, players must make a 'tent' with their body by going into the downward dog pose (hands and feet in the air with hips up to the sky, legs and arms as straight as possible). To get back in the game, another player must crawl through the 'tent' and then both players are up and back in the game. Be sure to switch taggers to ensure everyone gets a chance at making the 'tent' position with their body.

▲ Make the play area smaller to increase the speed of the game

▼ Begin with fewer taggers to slow the game down. Call out jail break if too many players are 'tents' at one time

Game 2

Partner Bowling

In partners, one player gets a foam ball and one person gets 4-6 blocks. The partner with the blocks must make a structure for their partner to knock down. The partner with the ball then throws the ball at the blocks to try to knock them all down. Take turns being the builder and the thrower. This is a great way to practice throwing, and taking turns with a partner.

▲ Challenge players to stand further back from the blocks or throw with non dominant hand

▼ If sharing the roles of throwing/building is challenging, time it so partner 1 gets 2 minutes throwing and then switch

Game 3

Not in My House!

Divide the group into 2 teams one on either side of the centre line in the play area. Explain to players that this game is about keeping their house very very clean. Object of the game is to get all of the foam balls onto the other teams side (into their house) by throwing them. When kids throw the balls they can call out "Not in my House!". The team with the least amount of balls on their side wins.

▲ Challenge players to throw with non dominant hand

▼ Remind players to point at their target, pull their throwing hand up behind their ear, step and throw!

Mindfulness



Elevator Breathing