

- **You'll need:** hoops, cones, foam balls, foam blocks, tagging tool, benches, scarves
- **You can play:** gym, outside, field

Game 1

Zookeeper Tag

Players or “wild animals” are scattered about the playing area. Choose two “zookeepers” to be “It”, and identify them with bibs. Place 6 or so hoops about the area. On the leader’s signal, the zookeepers try and tag the wild animals sending them to a hula-hoop. Another wild animal can free them by lifting the hula-hoop over their head. The hoop is put back on the floor and both animals re-join the game.



Challenge players to move like a different animal for each round (gallop like a horse, waddle like penguin etc.)



Make the space larger to slow the game down or play with less taggers at a time

Game 2

Trick Catch

Players are divided in pairs and every child has an object to catch (scarf, beanbag, ball). Partner 1 tosses the object up in the air and does a trick before catching (eg. Clapping hands, spinning around). Partner 2 tries to do Partner 1’s trick. Next, Partner 2 does a trick that Partner 1 has to imitate. Teacher or Leader signals for players to find a new partner and start again.



Use objects that are trickier to catch like bean bags, foam blocks, and small balls



Have all partner 1s line up on a line and all partner 2s line up 5 feet across from them on another line This will make the instructions more clear

Game 3

Ducks in a Row

Set up a bench or two on the centre line of the gym. Place birdies or blocks on the bench in a line about a foot apart. Players have to throw foam balls at the birdies/blocks in order to knock them off the bench and on to the other teams half. Depending on the ability of the players, the line they have to be behind in order to throw can be as close to the bench as needed. The players can cross the line in order to retrieve a ball but must be back behind the line before they throw again.



Move the throw line further away or challenge players to throw with non-dominant hand



Move the throw line closer to the blocks or add more blocks to increase the number of targets

Mindfulness



Elevator Breathing