

● **You'll need:** colourful hoops, foam balls, tagging tool, cones

● **You can play:** gym, field, outside

Game 1

Hot Dog Tag

Choose three to four players to be taggers. Players who are tagged become “hot dogs” by lying down with arms at their sides. Tagged players can be free again if two other players make a “bun” by lying down on either side of them. All three children can then get up and continue playing.

▲ Add more taggers or make the space smaller to increase the speed of the game

▼ Use a larger space and call jailbreaks if there are too many players as 'hot dogs' at one time

Game 2

Musical Hoops

Scatter ten to fifteen hoops around the activity space. Each child has a ball. When the music starts, they must dribble around the activity space without touching the hoops. When the music stops, dribble to a hoop, place one foot inside of it, and keep their soccer ball in control. Children can share hoops. When the music starts again, children continue to dribble around activity space.

▲ Teacher or leader can eliminate one hoop each round until eventually everyone is sharing two or three hoops

▼ Remind players to keep their ball close to their feet and keep their eyes up while they dribble

Game 3

Colour Match Dribbling

Place six or so hoops each of different colours around the gym. Scatter foam balls everywhere in the gym. The object of the game is for players to work as a team and match all of the foam balls into the correct colour by dribbling it and stopping it inside the hoop. The game continues until all of the items are matched to the right hoop. If you don't have enough variety of colours, can simply play where balls can go in any hoop.

▲ Add in more foam balls or coloured ball. Spread hoops further apart in the space

▼ Move hoops closer together and cue players on keep the ball close to their feet etc.

Mindfulness



Calm Bodies