

● **You'll need:** tagging tool, foam blocks, polyspots, bean bags, cones

● **You can play:** outside, in the gym, on the blacktop, field

## Game 1

### eLIMBination Tag

Everybody's it and is trying to tag other players on one of their 4 limbs. If tagged, players lose that limb (if tagged in leg players must now hop) If tagged in the arm, can no longer use that arm. Once players have lost all limbs, they lay on their back with one foot in the air waiting for a leader to come save them. Once saved, players can rejoin with all new limbs. If you lose both legs you must sit down and cannot move but can still tag. If you lose both arms, you can no longer tag and can only run away.

- ▲ Decrease the size of the playing area to make the game faster paced
- ▼ Increase the size of the playing area to slow the game down.

## Game 2

### Sharks and Seals 2.0

Start with 3 people in the middle, they are the sharks and lay on their backs with their hands making a shark fin. Place hoops on each end of the playing area to represent islands. Seals must hop from one set of island, across the playing area to the other set of islands. Once on an island seals are safe. Sharks must do a two-footed jump to try and tag seals. If a seal is tagged they join sharks in the middle to be taggers.

- ▲ Give everyone a bean bag to hold between their knees to ensure their feet are together.
- ▼ Decrease the size of the playing area to make the game less tiring.

## Game 3

### Hurdle for Gold

Designate a team to each of the 4 corners of the play area. Set up 3 hurdles from each corner leading to the centre of the play area. A hula hoop is placed behind each team line. At the center are placed several bean bags or similar equipment. In turn each student jumps over the hurdles to the center where they grab one bean bag and hurdle back to the line where they place the object inside the hoop. Once the bag is placed in the hoop, the next player goes.

- ▲ Add hurdles made of foam blocks or foam noodles. Adjust height as necessary
- ▼ Use polyspots only and ensure they are close together.

## Mindfulness



### Elevator Breathing