

● **You'll need:** Hoops, scarves, soccer balls, pinnies, cones

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

### Game 1

#### Dribbling Tails

Each player starts with a tail tucked into their waistband and a ball. On go, players dribble their ball around the playing area while trying to steal other players' tails. If players steal tails they get to keep it and tuck it into their waistband. If you lose your tail you are still in the game and trying to collect a new tail. Players can only steal tails if their ball is at their feet so they must keep it in control.

▲ Make the space smaller or increase the challenge by starting with two tails each (one on either side)

▼ Play in a large area to slow the game down

### Game 2

#### Scarf-0

Spread about ten hoops out randomly in the gym. Place four to five scarves in each hoop. Players must dribble their ball into a hoop to steal a scarf. They **MUST** have a ball to be in the hoop. Once they steal a scarf they can tuck it into their hip. The catch is that leaders/teachers can steal their scarves while they dribble (and put them back in the hoop)! Players must maintain control of their ball while moving around the space.

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

▼ Make the space larger to slow the game down. Add more scarves to allow players more of a chance to collect

### Game 3

#### Four Corner Soccer

Set up a goal (two cones spaced a small distance apart) in each corner of the playing area. Divide the players into four teams. The teams can score through any of the four goals, attacking the goal from either side. Once they've scored through one goal they must go and try to score through a different goal. There are no out of bounds for the playing area.

▲ Add another soccer ball if the play is going well

▼ To give teams a break, start with three teams on at a time and when a team gets scored on, they go off and the other team comes on

### Mindfulness



### Stretch of the Day