



Game Details

- **Equipment Needed:** None Needed
- **Skills:** Mindfulness
- **Grades:** K-5
- **Game Type:** Cool Down, Transition

How to Play

Have participants lay on their back with their hands on their sides or on their belly. Guide participants through taking a few deep breaths. When participants are calm and have taken a few deep breaths tap the bottom of their feet, signaling that they can stand up and move on to what is next. This is an excellent transition activity.

Modifications

- This activity can be done for as long as it is needed. If space is needed, children can spread out wherever they would like in the gym