



KIDS COLLAB

PHYSICAL DEVELOPMENT AND
WELL-BEING PROGRAMME

INCLUSIVITY HANDBOOK

2023


First Edition




MOVE

Games to Focus on
Fundamental Movement Skills


Frogs and Lillies
2 years



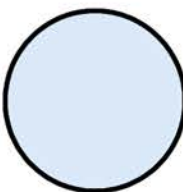
Hear music



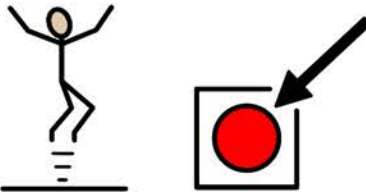
Movement




Music stops




Find a circle



Jump in



Dance around




Flap like a bird




Walk on tiptoes



Jump with two feet



Sway

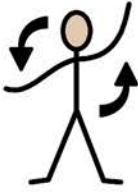


Walk like a bear


Frogs and Lillies
3 years +



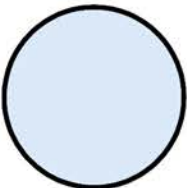
Hear music



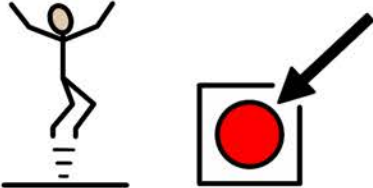
Movement



Music stops



Find a circle



Jump in




If there's a ball



Kick it out

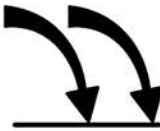
Movements



Jump like a frog



Skip around




Repeat

Ball Grab
2 Years



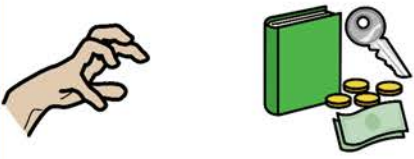
Stand in a circle



Movement



Hear go



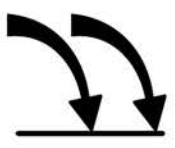
Grab 1 item



Put it back

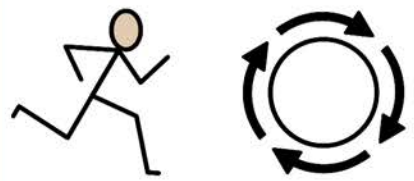


Stand in a circle

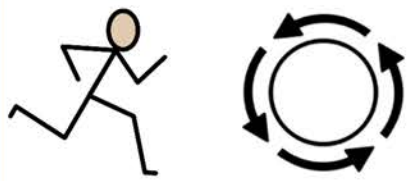


Repeat

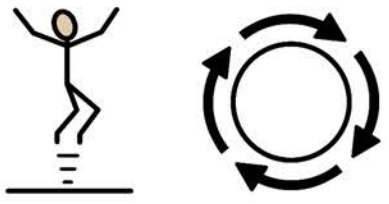
Movements



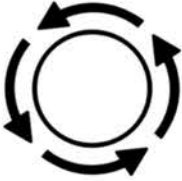

Run around




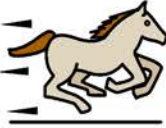
Run around



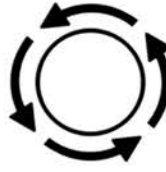

Jump around




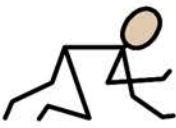
Jump around





Gallop around



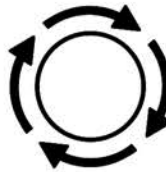

Gallop around





Crawl around



Crawl around



Move arms around



Move arms around

Blank box

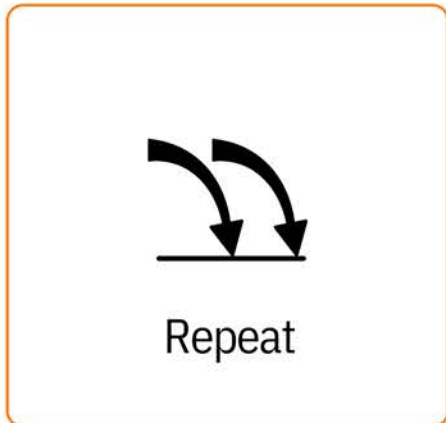
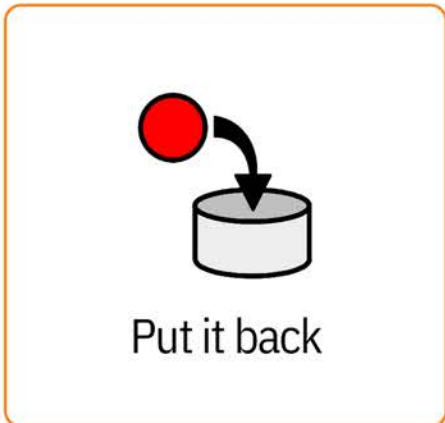
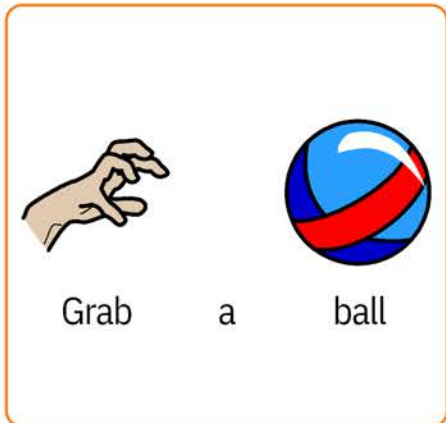
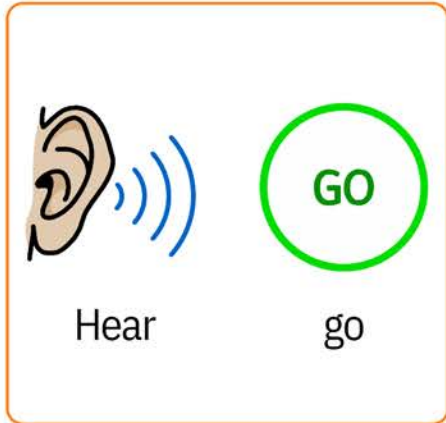
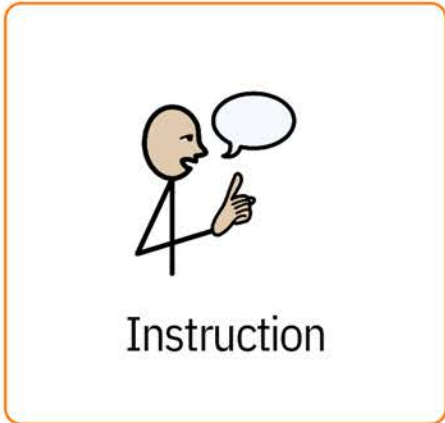
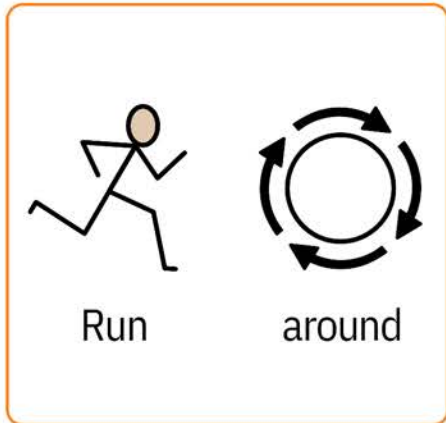
Blank box

Blank box

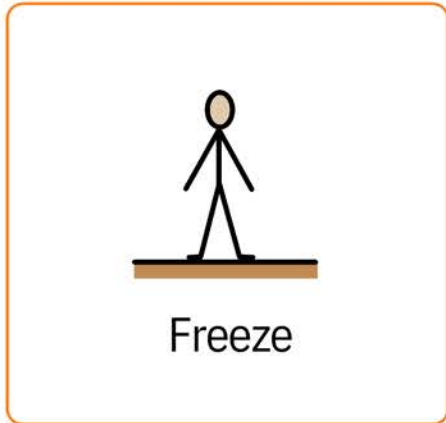
Blank box

Blank box

Ball Grab
3 years +



Instructions

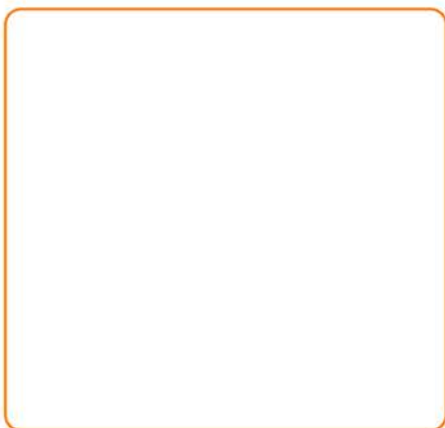
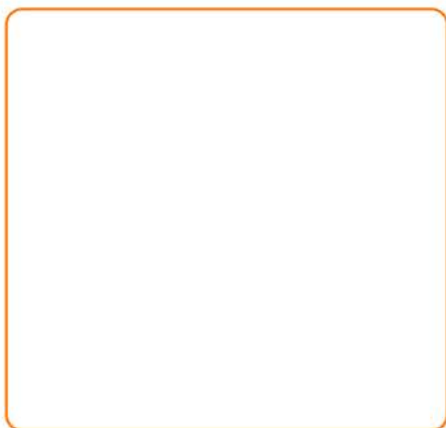





Faster





Slow





Dizzy Cones
2 years



Listen

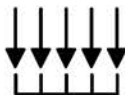
Hear go


Run toa cone




turn it over



Turn all cones





over



Listen



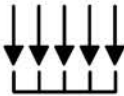

Hear go


Run toa cone



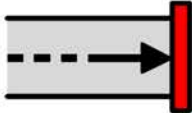
turn it over




Turn all cones



over



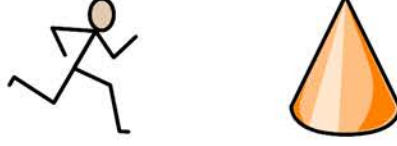
Finished




Listen



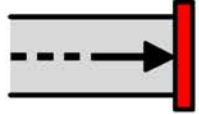
Hear go



Run toa cone



Build a tower




Finished



Empty box for drawing or activity.

Dizzy Cones
3 years +



Stand in teams




Hear go



Run toa cone


Turn it over



Run toa cone

Turn it over



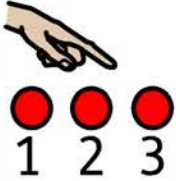

Hear whistle




Stop



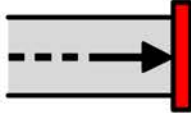
Count cones

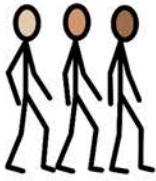
Most cones wins



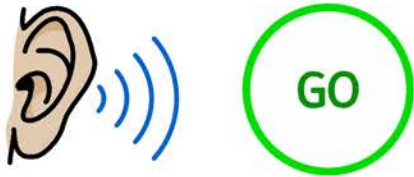

Finished



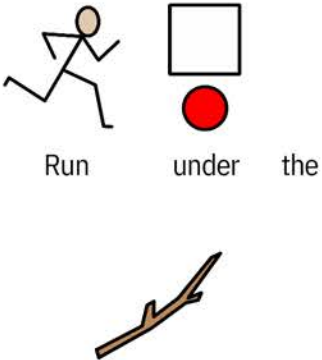
Limbo




Line up




Hear go



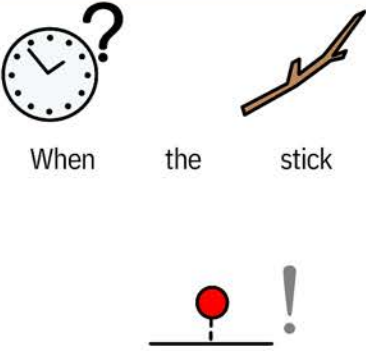
Run under the stick



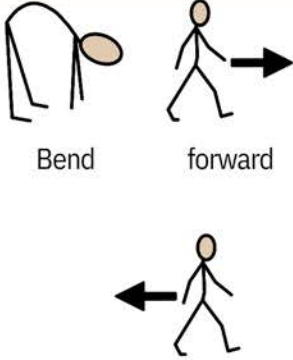
Make a circle




Go again



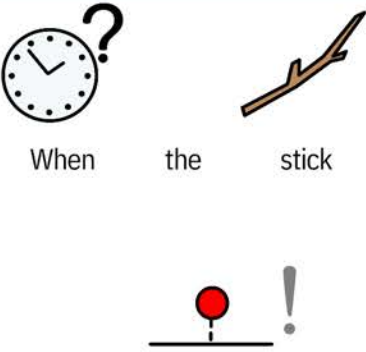
When the stick gets lower



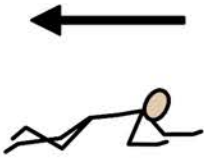
Bend forward or backward



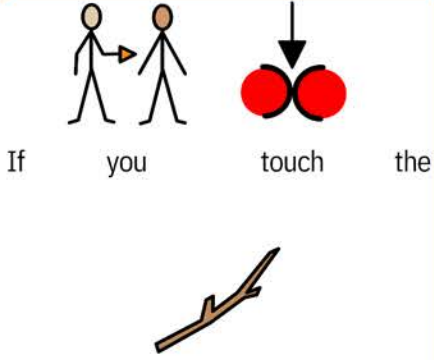
Don't touch the stick



When the stick gets lower



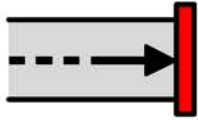
Crawl



If you touch the stick



All Ages



Finished



Wait

for



friends

Tail Snatchers

Tuck fabric into pants

It's a lion

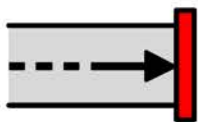
Run away before teacher

takes it

If you lose it

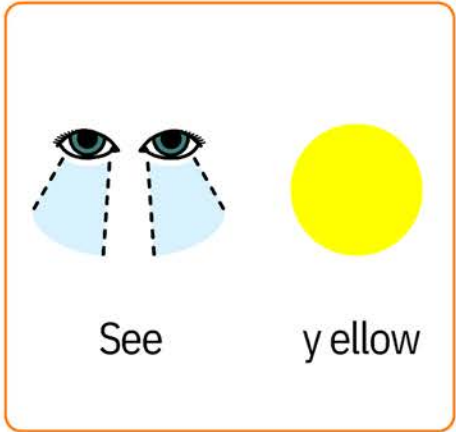
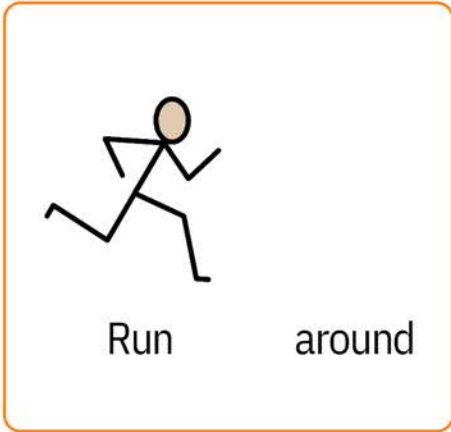
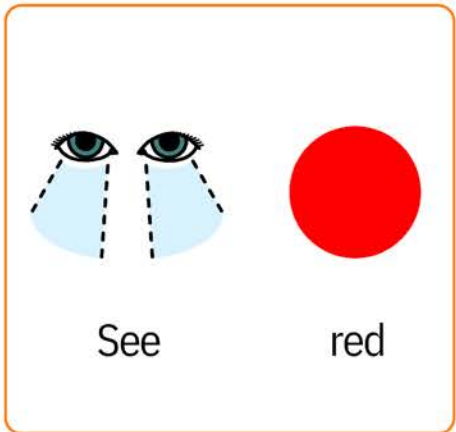
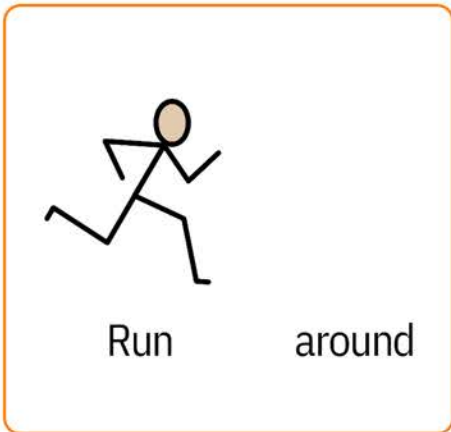
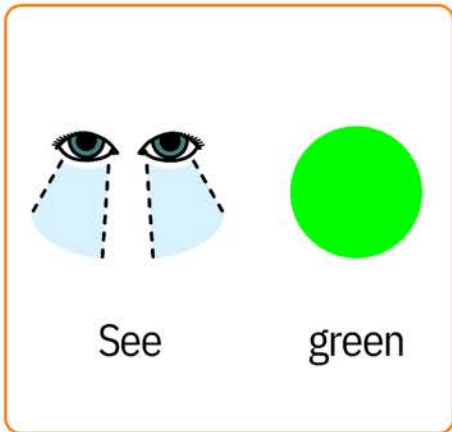
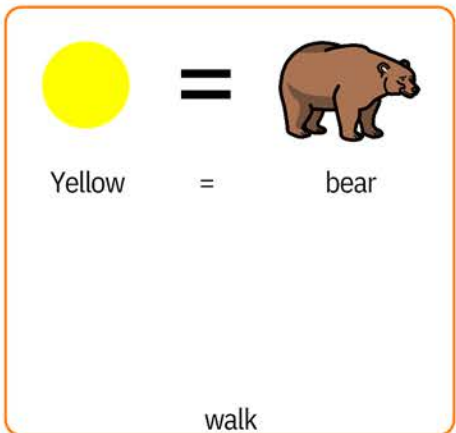
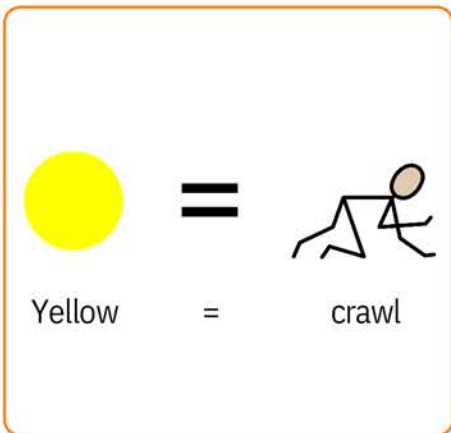
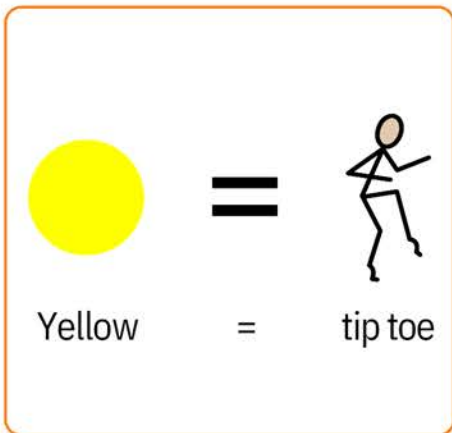
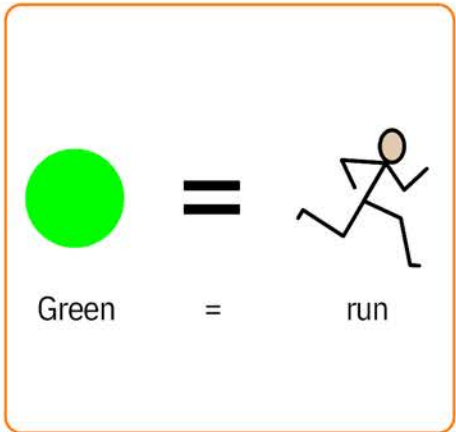
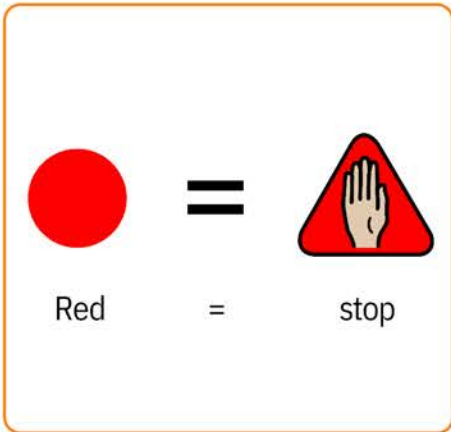
Take another one

from the basket



Finished

Red Light
Green Light





Tip toe



Crawl



Bear

walk



Jump



Hop



Frog

jump



Stepping Stones

Get pretend stepping stones

Stand on one

Put another down in front

Step forward

Pick up the back one

Put down in front

Step forward

Pick up the back one

Put down in front

Step forward



Carry on

Road Trip



Pretend the hoop is



Children in the



a car



hoop are drivers



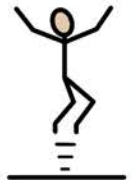
Listen for instructions



Highway = Run fast



Bumpy road = jump



Red light = stand still



Collect passenger



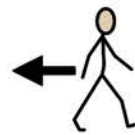
Up the mountain = circles



School area = walk slowly



Reverse = walk backwards




Radio = dance



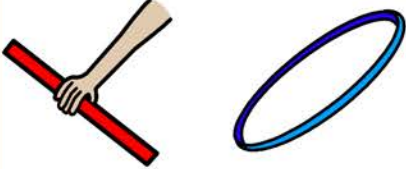


All Ages


Create a bus



Join hoops



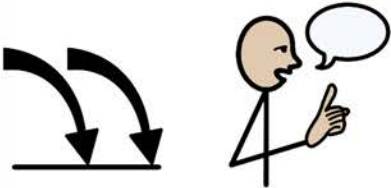
Out of petrol= sit down



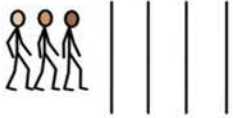
Drivers swap with passengers



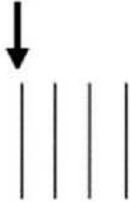
Repeat instructions




Shapes



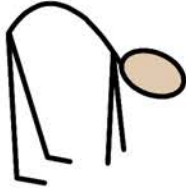
Stand behind the line



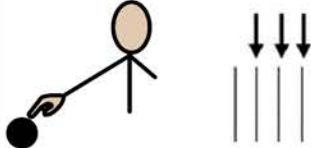
Stand on the first line



Keep feet on the line



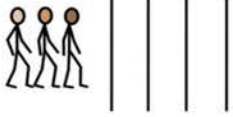
Walk hands out




Touch another line



Walk on the line



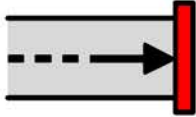
Stand behind the line



Listen for shapes



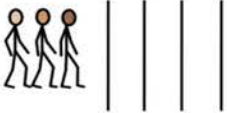
Walk on shape line



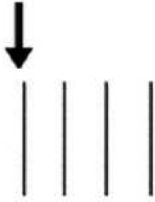
Finished

AGE 3 Years +

Shapes




Stand behind the line

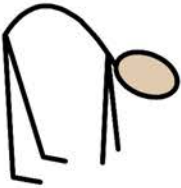


Stand on the first line

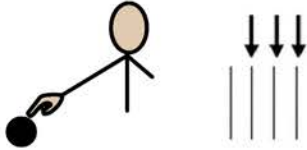
Keep feet on the



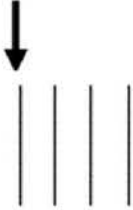
line




Walk hands out




Touch another line



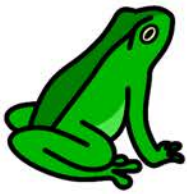
Stand on the first line




Jump with 2 feet



Jump with 1 leg



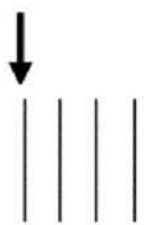
Frog jump




Listen for shapes




Walk on shape line



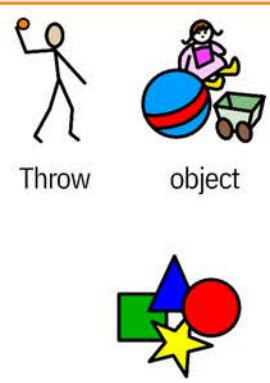
Stand on the first line



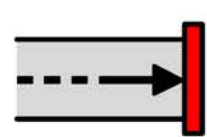
Pick up object



Jump over lines

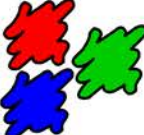


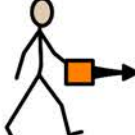
Throw object into shape








Finished



Scavenger Hunt



Look for  colour ed items

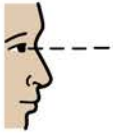
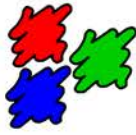
 **1**
Take 1 at a time


 Frog  jump through
 ladder


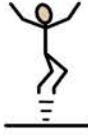

 Hop  over hur dles



 Zigzag  through beacons



 Drop  item in bucket

 Look  for more colours

 **1**
Take 1 item

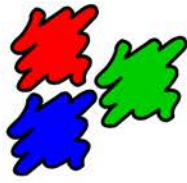
 Frog  jump through
 ladder

 Hop  over hur dles

 Zigzag  through beacons



No more

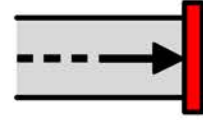


colours?



Then

stop



Finished



Bean Bag Collection



Complete obstacle course



Balance



along rope



Hop

through



hoops



Balance

on1



leg



Kick

over



cones



Zigzag



run



cones

between



Collect



beanbag



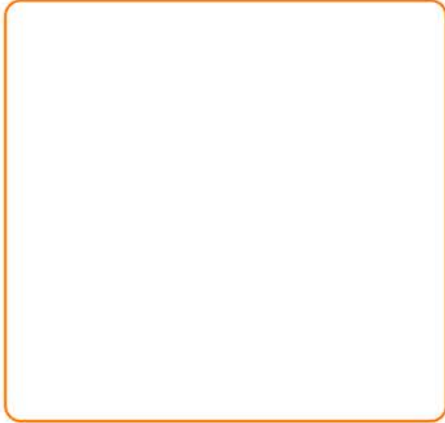
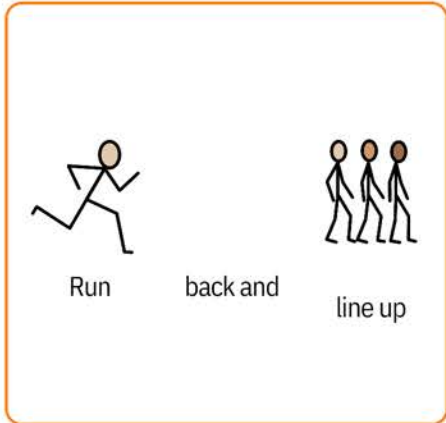
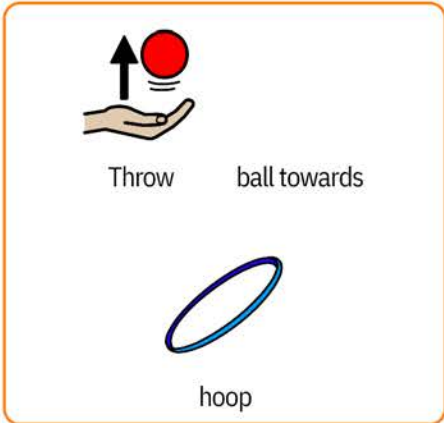
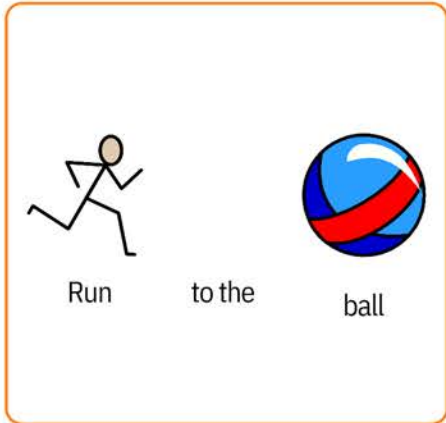
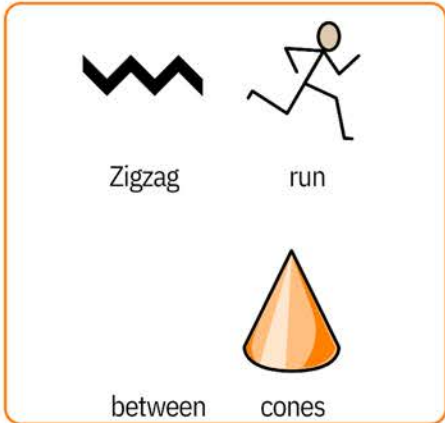
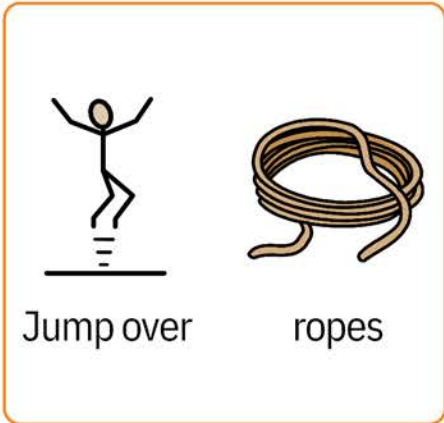
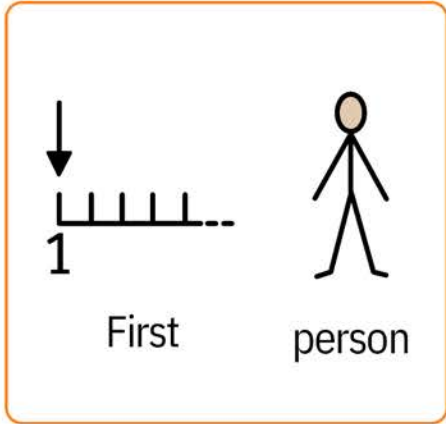
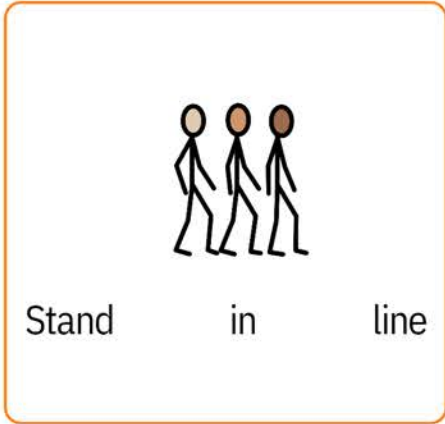
Run

to

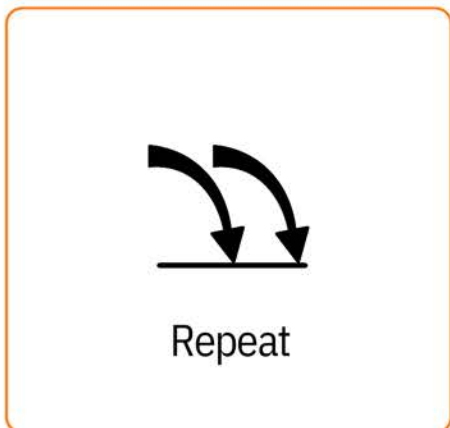
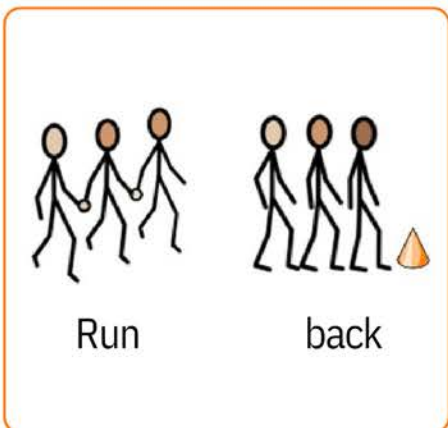
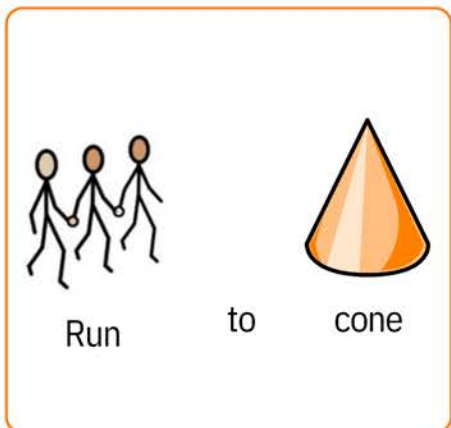
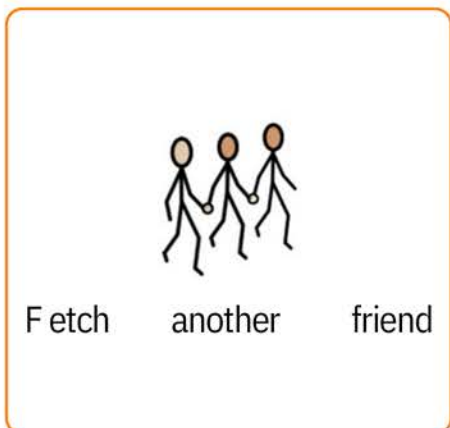
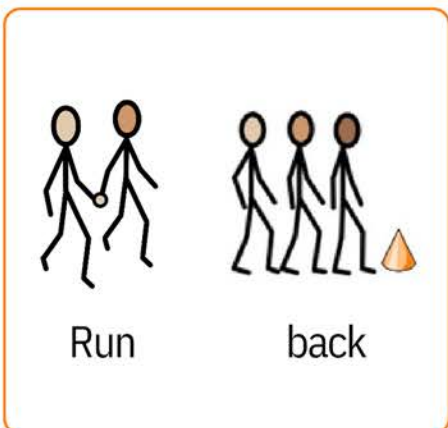
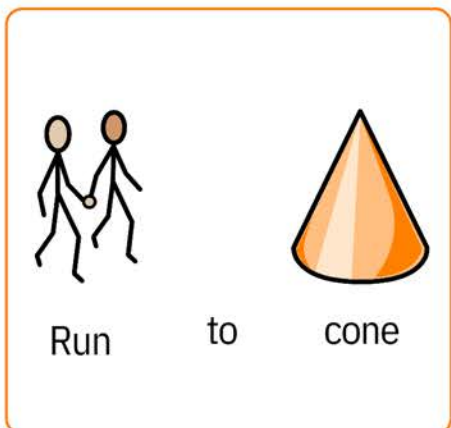
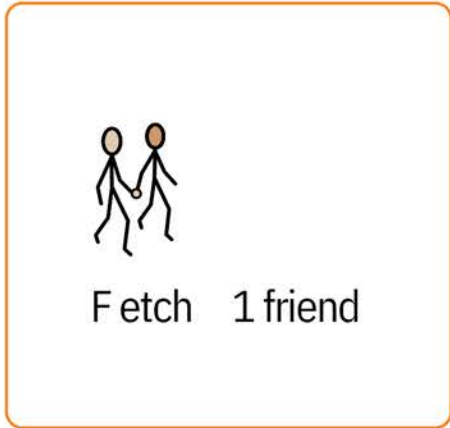
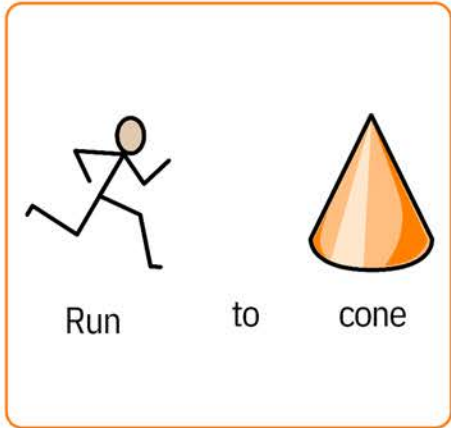
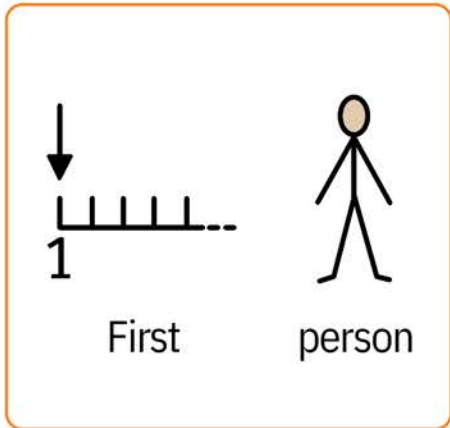
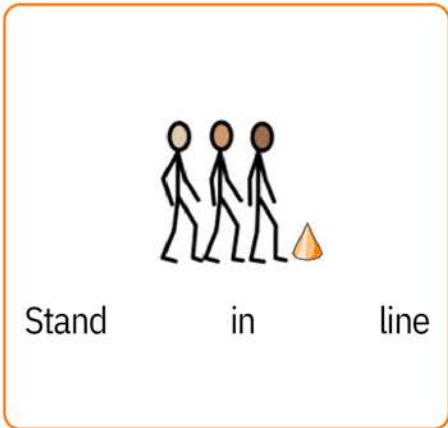


beginning

Chain Obstacle



Chain Obstacle

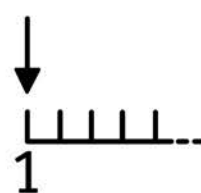


Chain Obstacle

3 Years +



Stand in line



First



person



Walk

over



hur dles



Side

hop over



ladder



Hopscotch

through



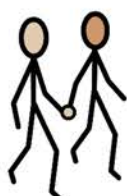
hoops



Run



back



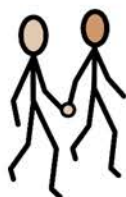
F etch

1 friend

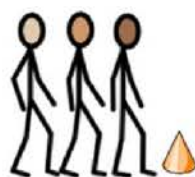


Do

obstacles



Run



back



F etch

another

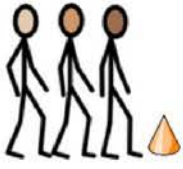

friend



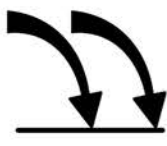
Do

obstacles


AGE 3 Years +



Run back



Repeat



Stand in pairs



Throw beanbag



Throw ball

10
10 times

Freeze Dance



Hear



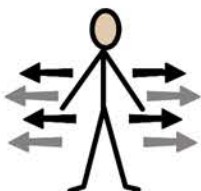
music



Copy



teacher



Shake

bodies

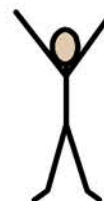


Hold hands



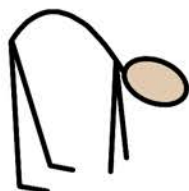
swing

hips



Reach

up



Touch

toes



Dance

around



Music

stops



Freeze



Freeze



Freeze



Hear



music



Copy

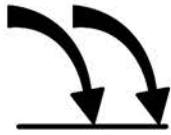


teacher



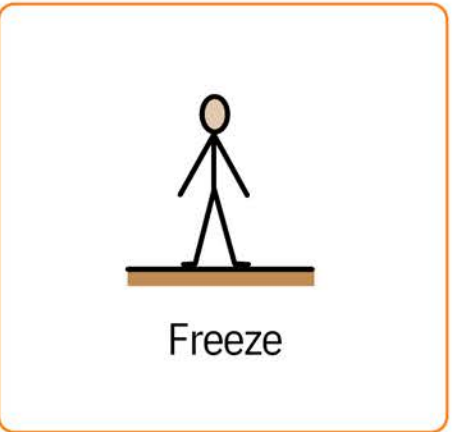
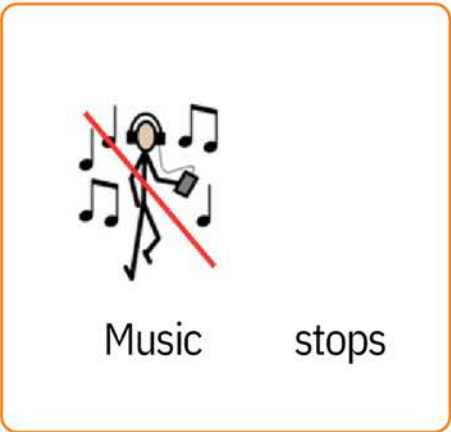
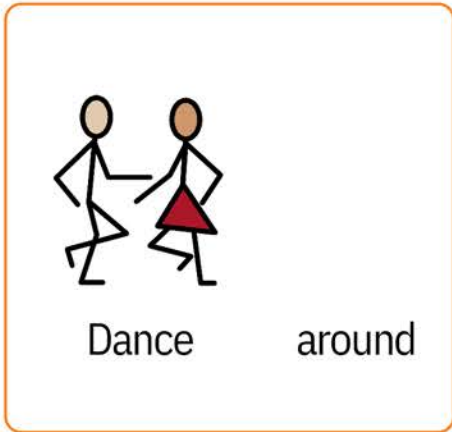
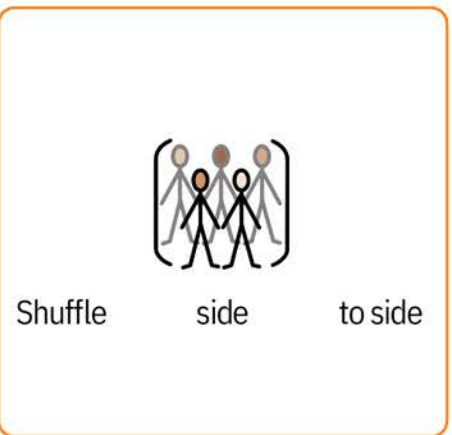
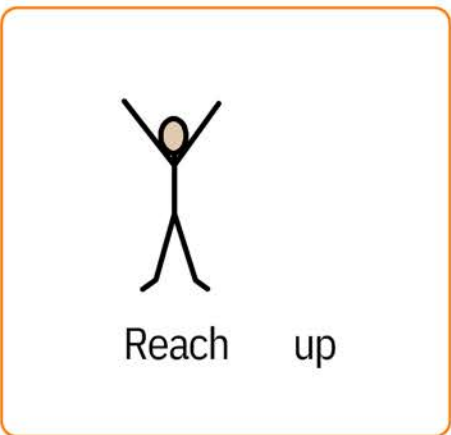
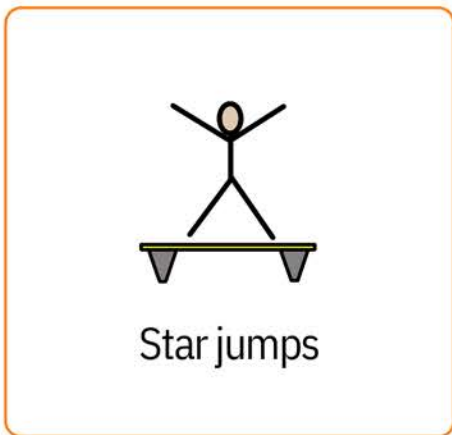
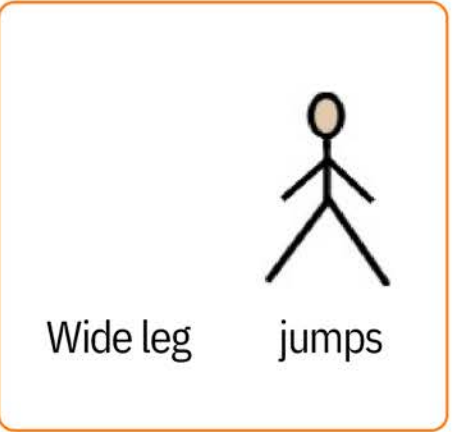
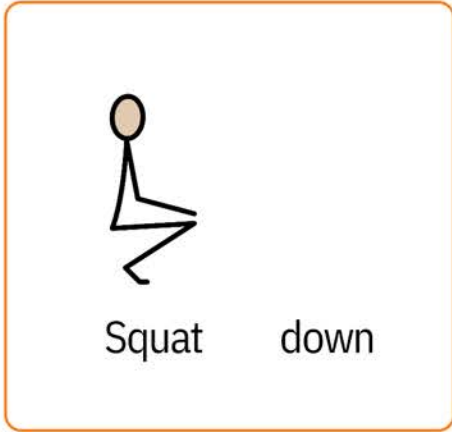
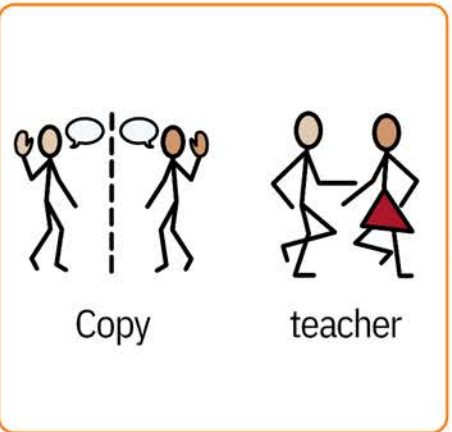
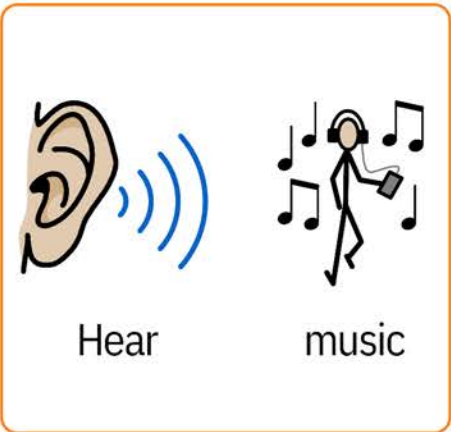
Dance

around



Repeat

Freeze Dance



AGE 3 Years +



F reeze



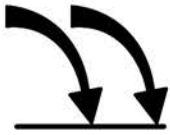
F reeze



Hear






music







Repeat


Parachute Scramble


Hold the  parachute



 Hear  go




Lift  parachute  up and  down

Make a  wave


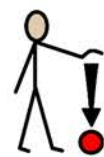
 Stop

Hold the  parachute

 Hear  go

Lift  parachute  up and  down

 Don't let the  ball  drop

If the  ball  drops


 Start again



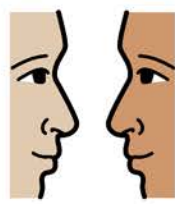
All Ages

Hula Hoop Hangers

Stand in pairs




Face each other




Hoop between you



Walk to cone




Drop hoop




Pick up hoop



Run back



Tag next pair



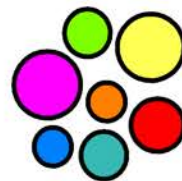
Act It Out



Line up



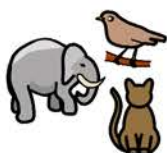
Hear



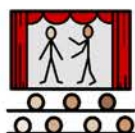
colour



Hear



animal

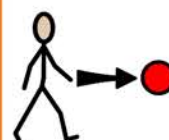


Act

like the



animal

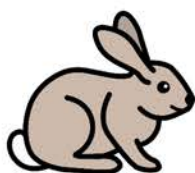


Move to

the



colour



Bunn y



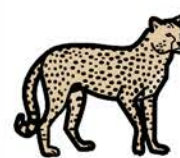
jump



Bunn y



hop



Cheetah



run



Liz ar d



cr awl



Bear



walk



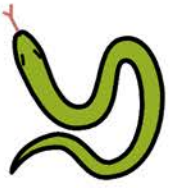
Frog



leap



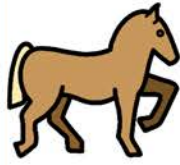
All Ages



Snake



slither



Horse



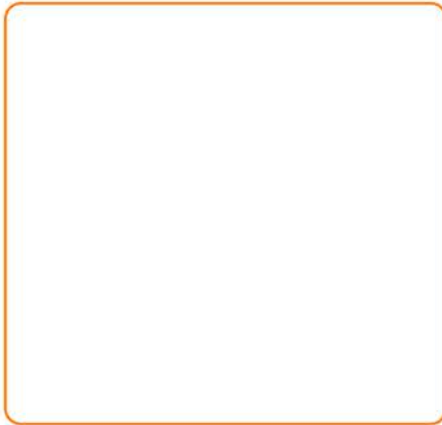
gallop



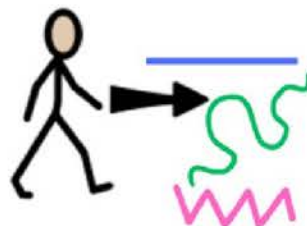
Bird



fly



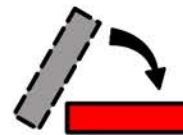
Walk the Line



Walk on the lines



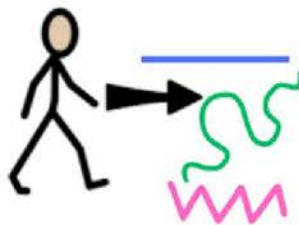
Don't



fall



Pick a piece



Walk on the lines



Drop

the



piece



Build the puzzle

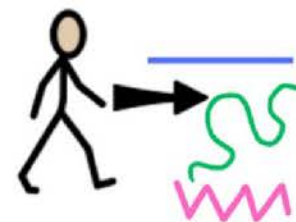


Take

a



beanbag



Walk on the lines



Drop



beanbag

in



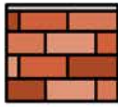




bucket







2 Years



Hand High Fives

 Stand  in front of  wall

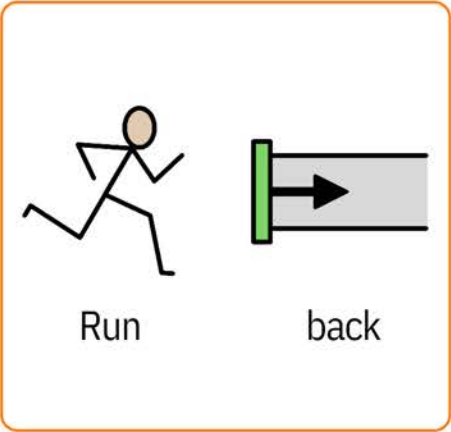
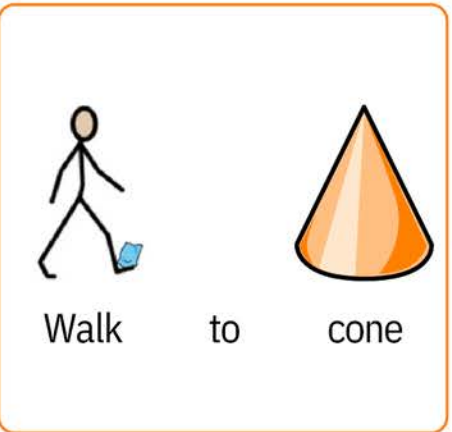
 Hear  colour

 High five  the colour

 Squat  down

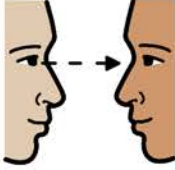
 Reach  up

Bean Bag Boogy

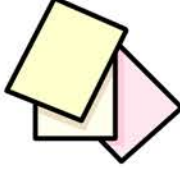


AGE All Ages

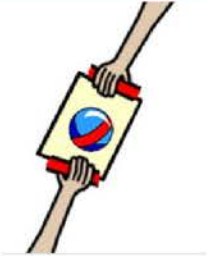
Paper Balance



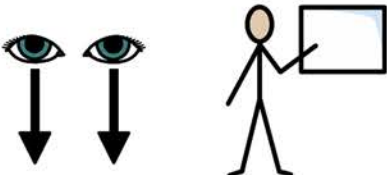
Face your friend




Hold your paper



Balance the ball on the paper



Watch teacher



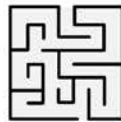
Go to correct cone

Maze



Walk

through the



maze



Don't touch



balls



Don't touch



hoops



Don't touch



cones



Don't touch



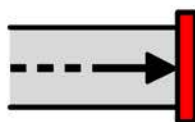
beanbags



Walk



carefully



At

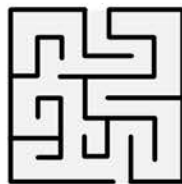
the end



Hold hands



Walk



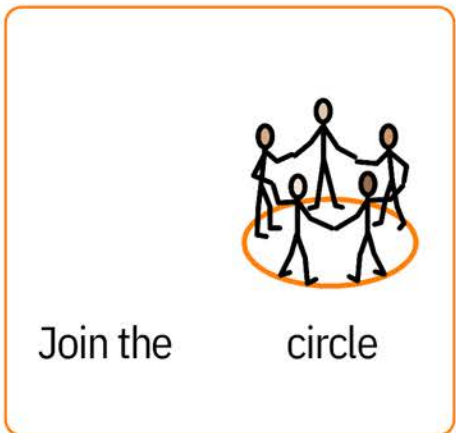
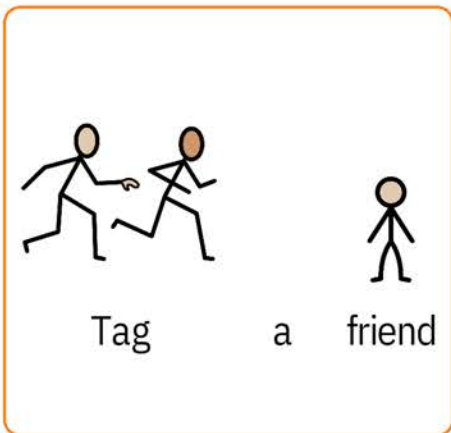
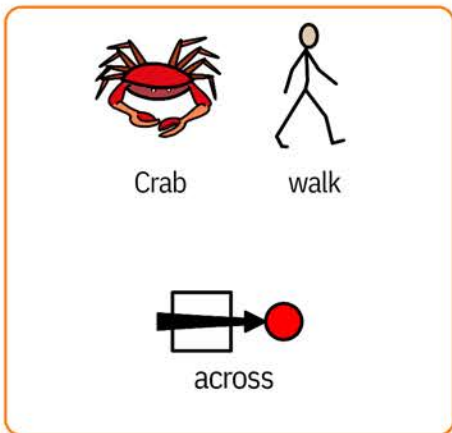
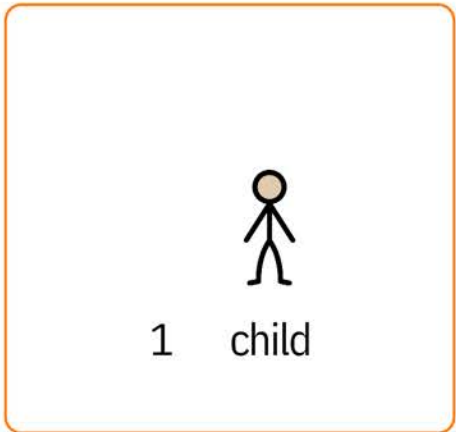
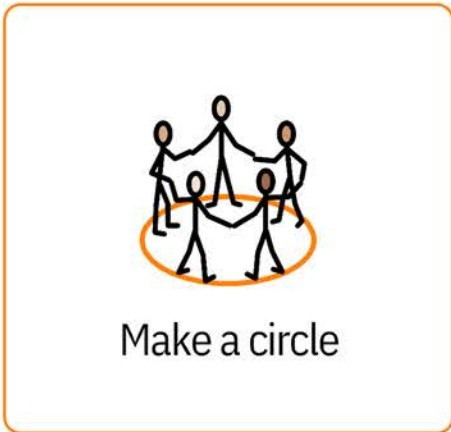
again



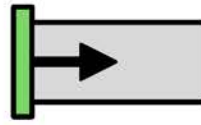
Be careful

AGE All Ages

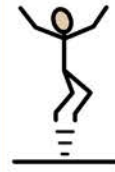
Crab Walks



Bunny Collection



Start



Jump

to the



cup



Turn it over



Pick up the

ball



Put it in the cup



Jump

to the next



cup



Turn it over



Pick up the

ball



Put it in the cup



Jump

to the next



cup



Turn it over



2 Years

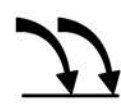


Pick up the

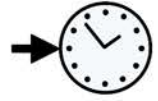
ball



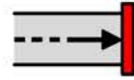
Put it in the cup



Repeat

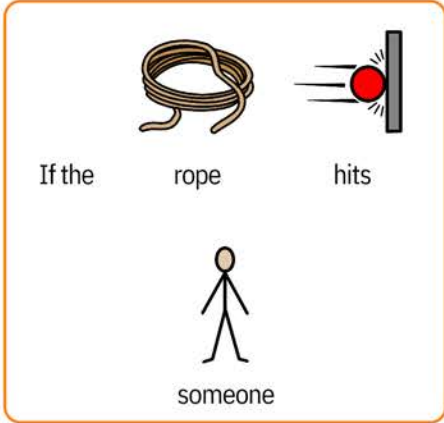
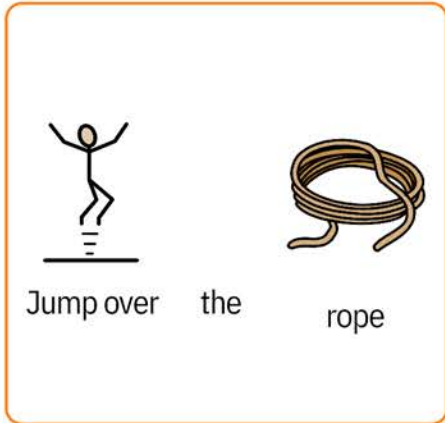
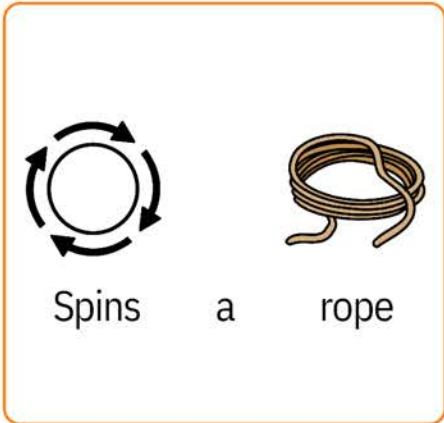
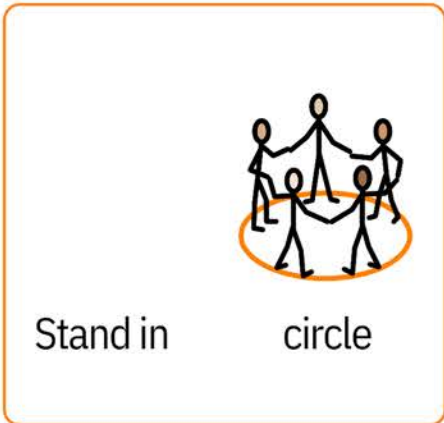


until

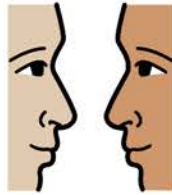


finished

Helicopter



Bean Bag Buddies



Face each other



Listen

to



instruction



Put beanbag



On friends head



On friends shoulder



On friends foot



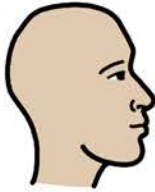
On friends hand



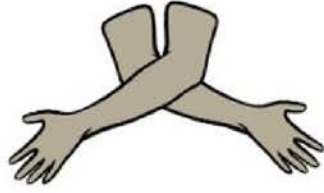
Swap

Bean Bag Buddies

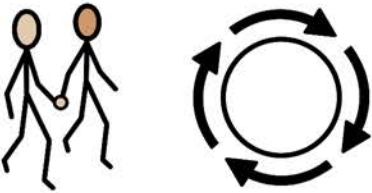
Beanbag on head



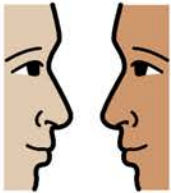
Link arms




Move around




Face each other




Listen to instruction



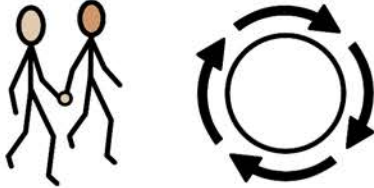
Put beanbag




On friends head



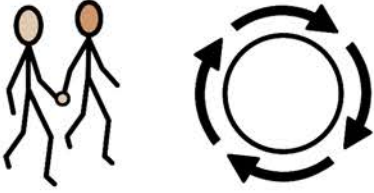
Move around




On friends shoulder



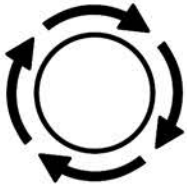

Move around




On friends foot



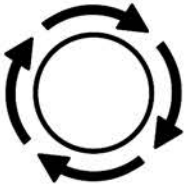

AGE 3 Years +




Move around



On friends hand

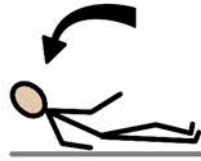


Move around



Swap

Rocking Boats



Lie down



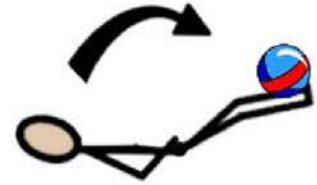
Lift legs



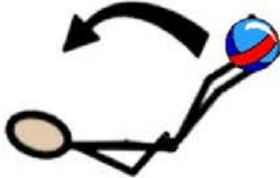
Lower legs



Lift ball with legs



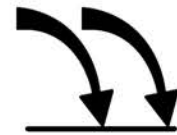
Lower legs with ball



Lift ball with legs



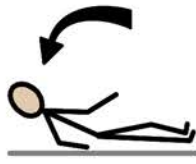
Drop in bucket



Repeat

AGE 3 + Years

Rocking Boats



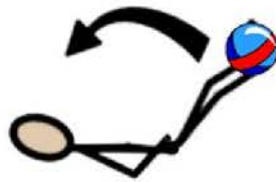
Lie down



Lift legs



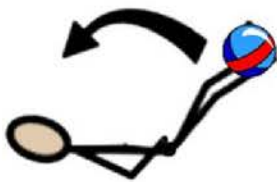
Lower legs



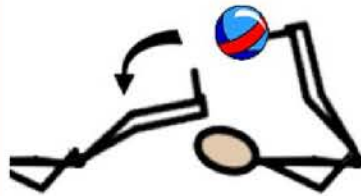
Lift ball with legs



Lower legs with ball



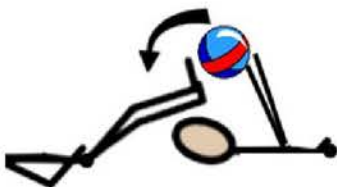
Lift ball with legs



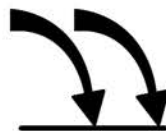
Give to friend



Take ball from feet

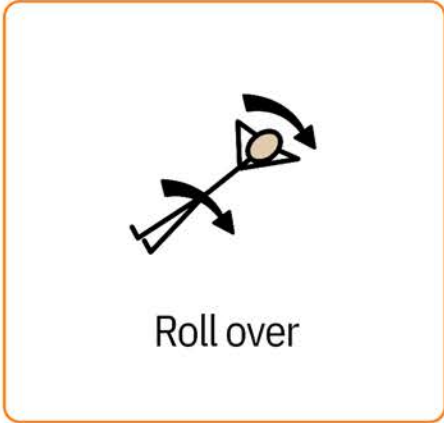
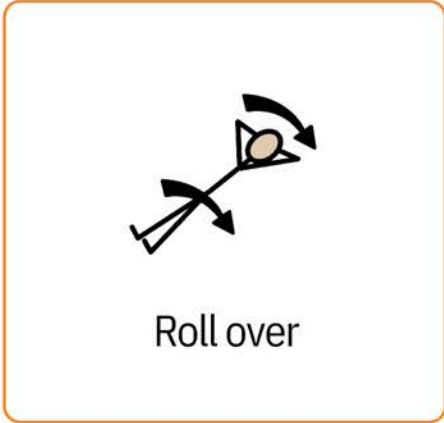
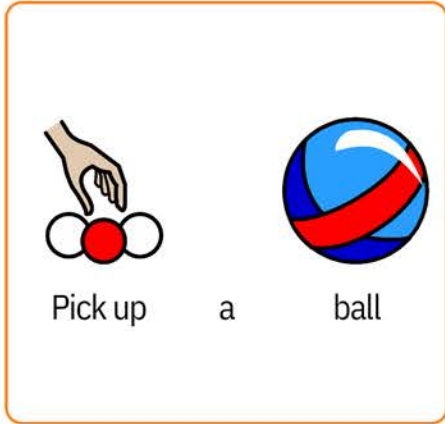
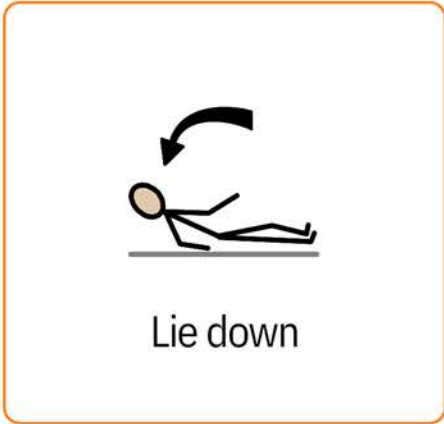


Pass back



Repeat

Rollover Rangers





2 Years

Stars
2 Years



Sit in a circle



Touch feet



Catch



ball



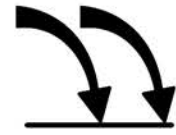
Roll



ball

to

friend

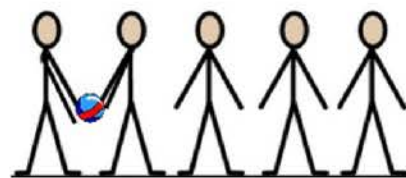


Repeat

Down the Line



Stand in a line



Pass the balls along

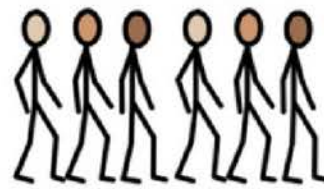


Last

person



Drop in bucket



Stand in a line



Beanbag through legs



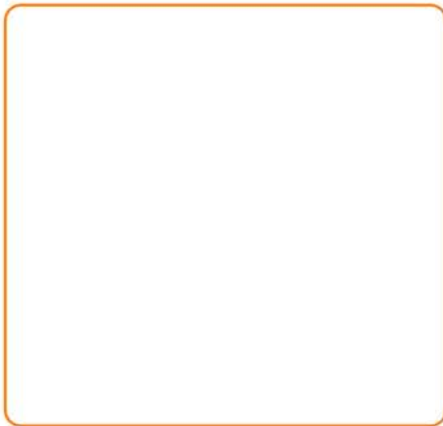
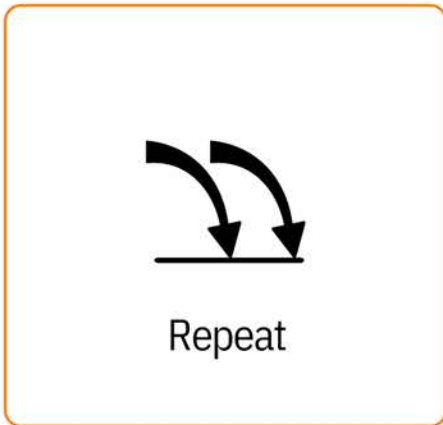
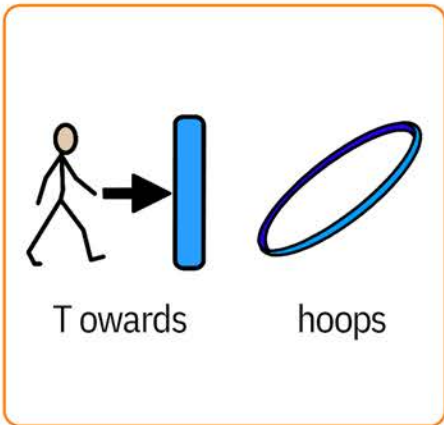
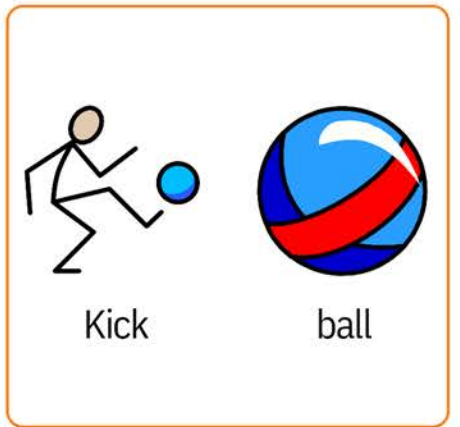
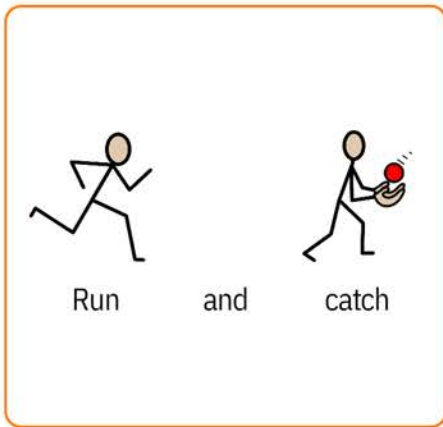
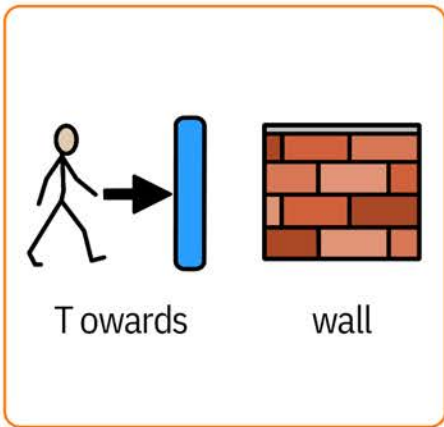
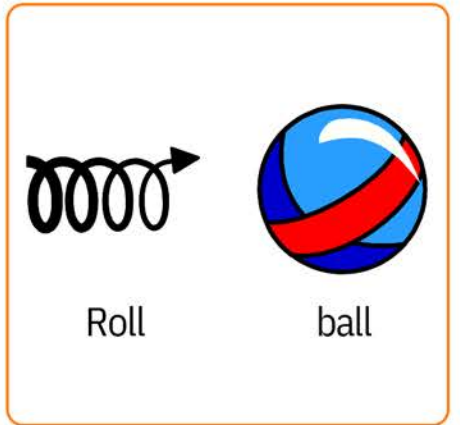
Last

person



Drop in bucket

Rolling Stones



Battle Ships



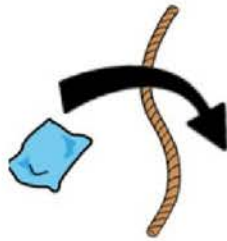
Stand behind rope



Throw



beanbags



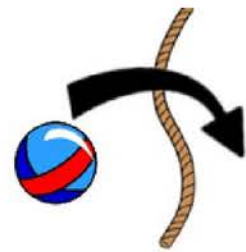
Over the rope



Throw



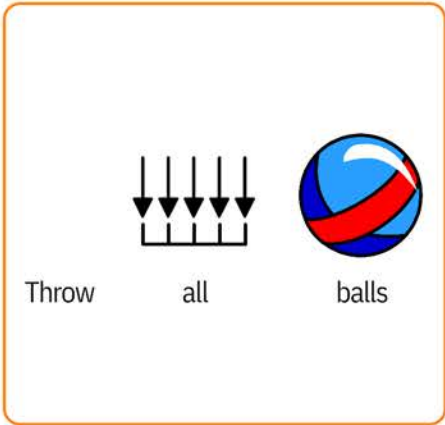
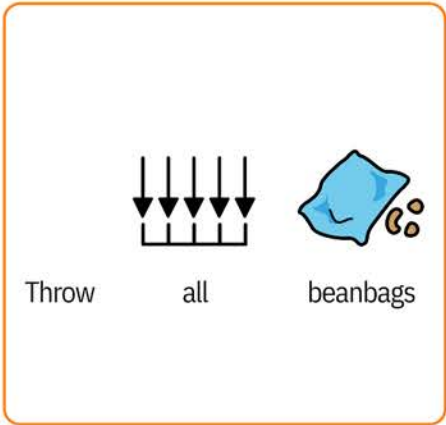
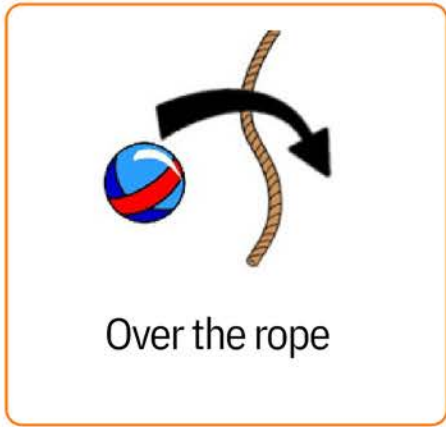
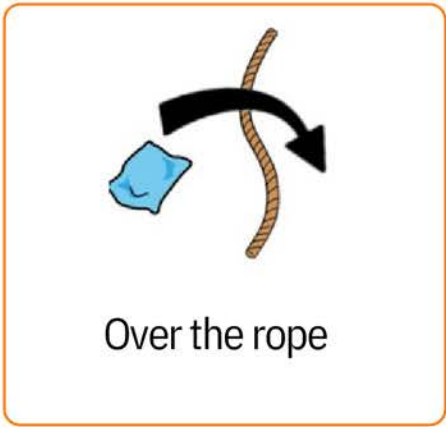
balls



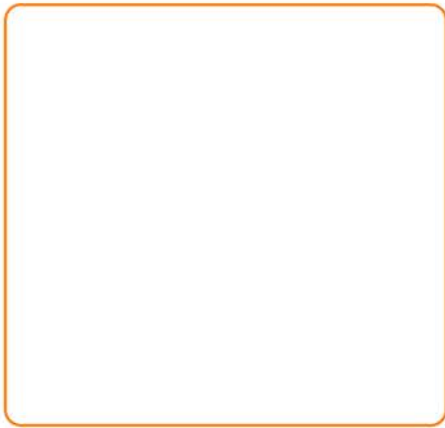
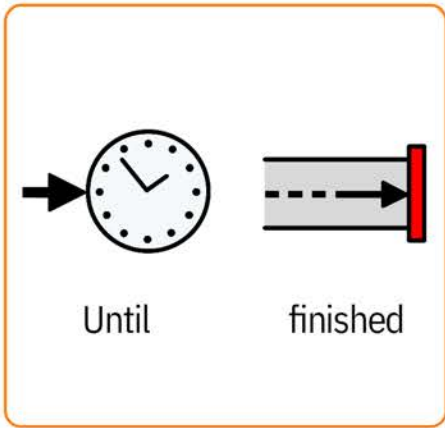
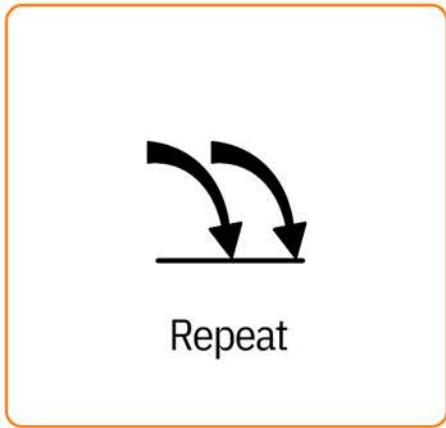
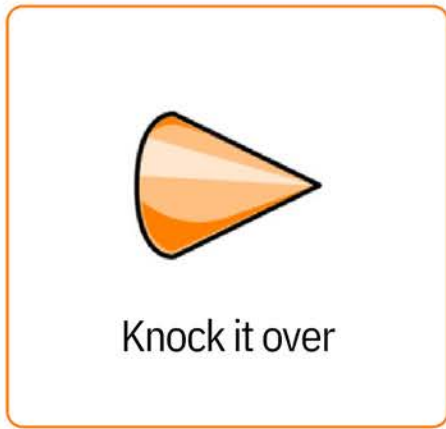
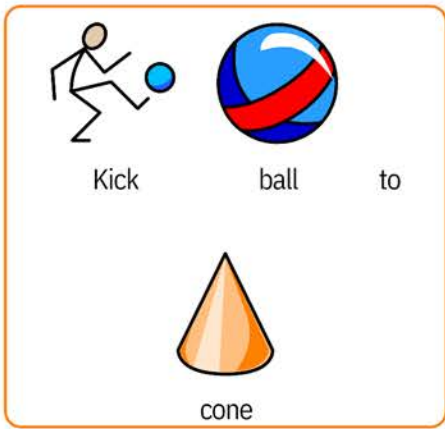
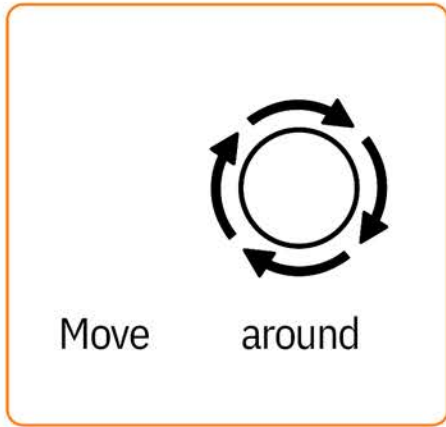
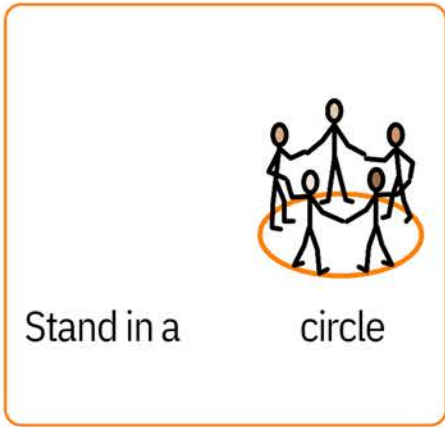
Over the rope

AGE 3 Years +

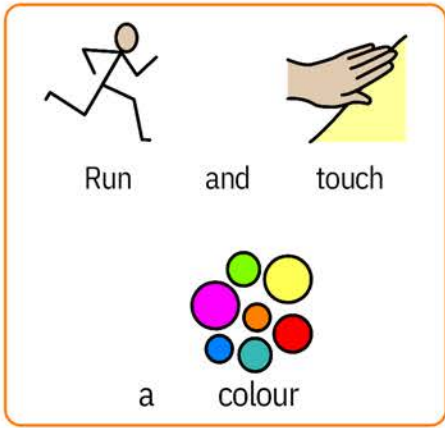
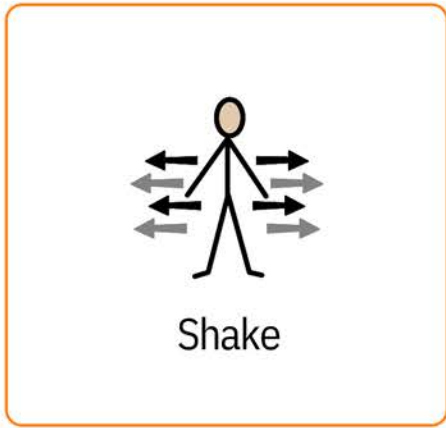
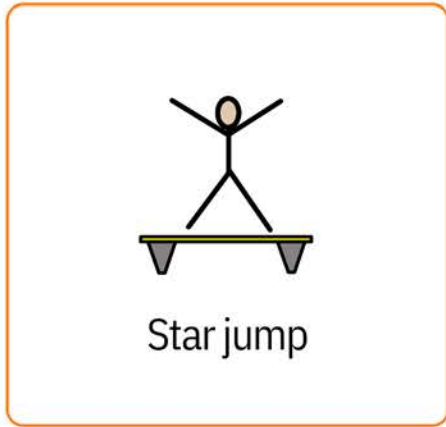
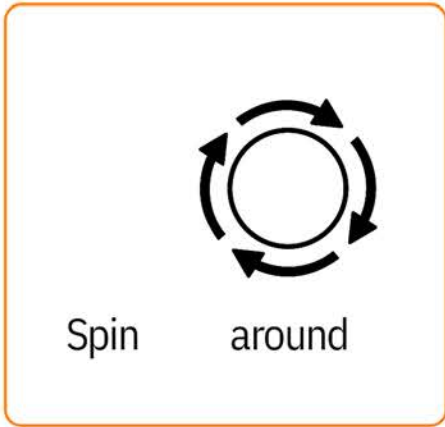
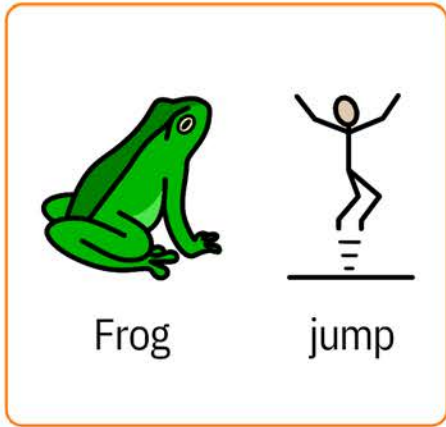
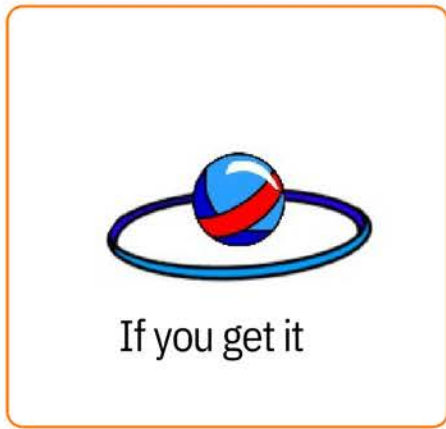
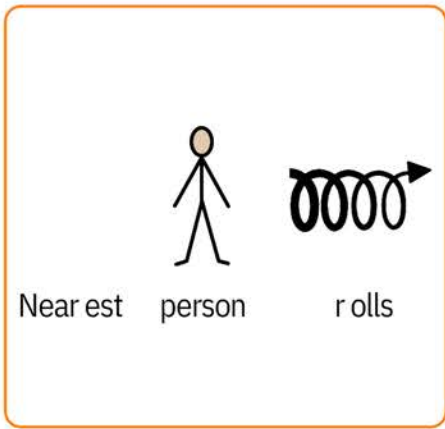
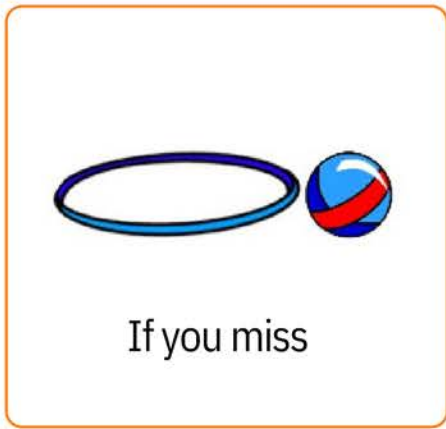
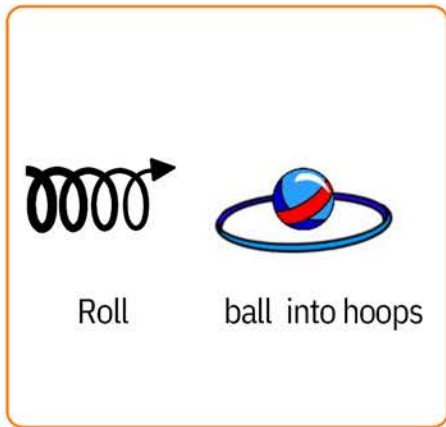
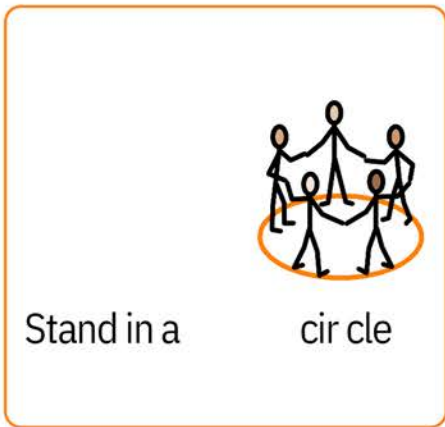
Battle Ships



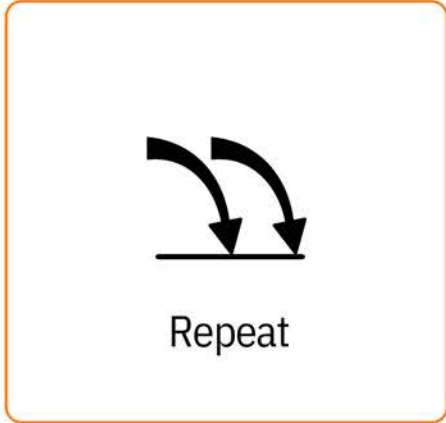
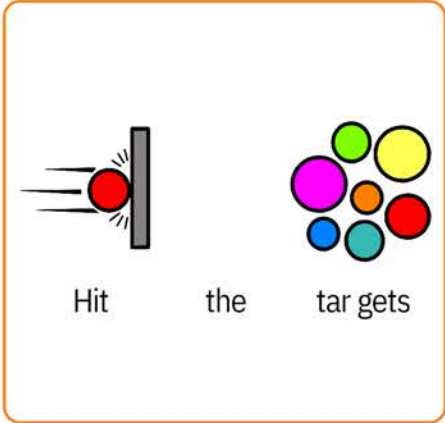
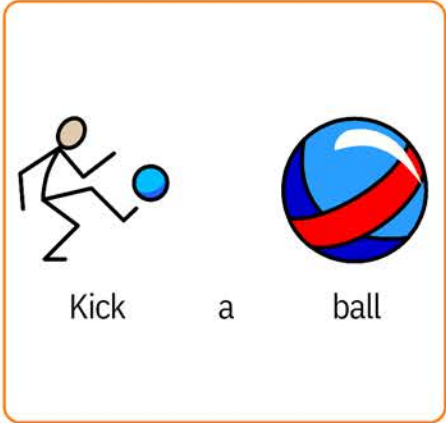
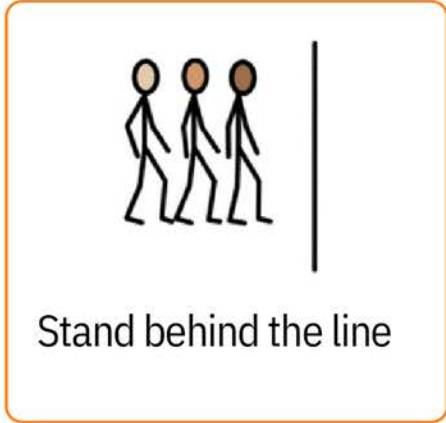
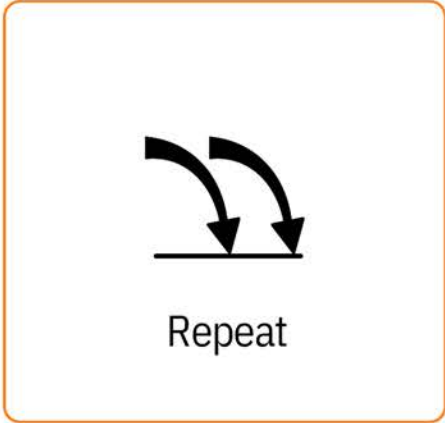
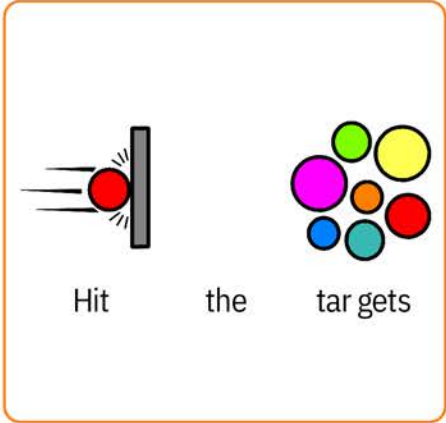
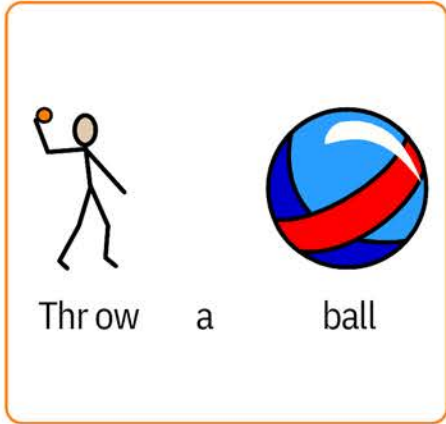
Kick Bowling



Ring Toss



Wall Target





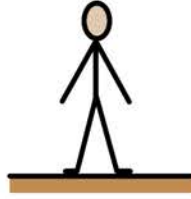
BRAIN BREAKS

Short In-Classroom Activities to
Focus, Calm or Energise

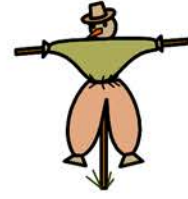


All Ages

Balancing Act



Stand



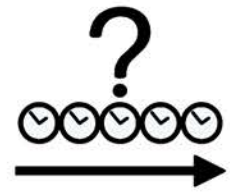
Arms out



Stand still



Balance



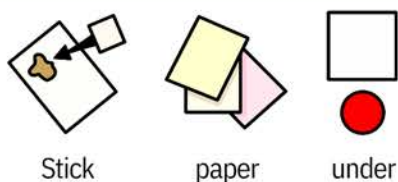
How long?

Upside Down Drawing


Get coloured pencils

Get paper

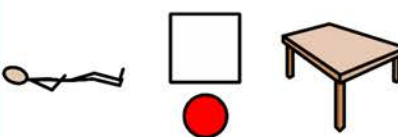
Stick paper under




table



Lie under table



Draw a picture




AGE All Ages

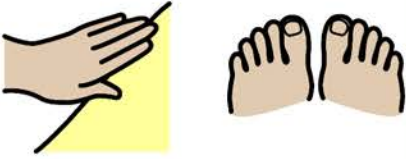
Heads and Shoulders




Sit



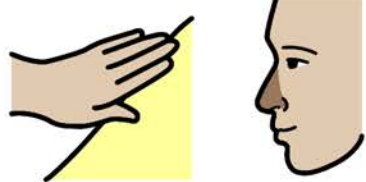
Hear toes




Touch toes



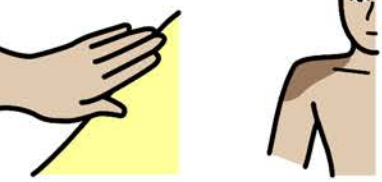
Hear nose



Touch nose




Hear shoulders




Touch shoulders



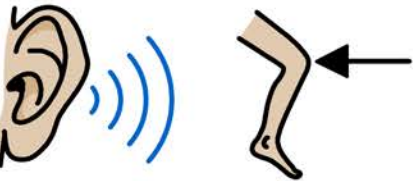
Hear go





Grab an item





Put it back





Hear knee





Touch knee





Hear tummy






Touch tummy



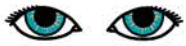

Hear go





Grab an item





Put it back





Hear eyes





Touch eyes





Hear ears



Touch ears



Hear lips



touch lips




All Ages



Hear




go




Grab

an




item

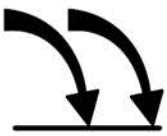



Put

it



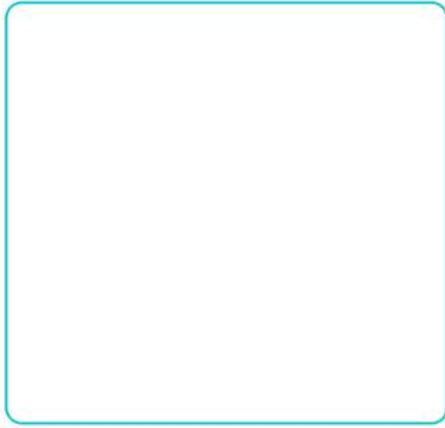
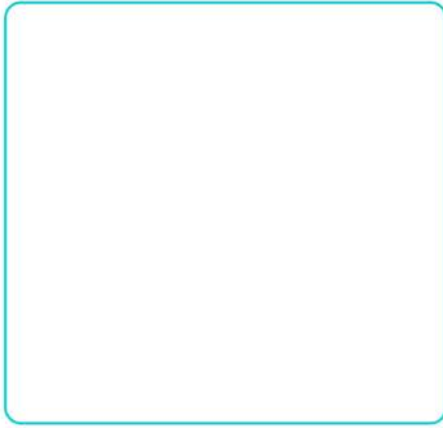
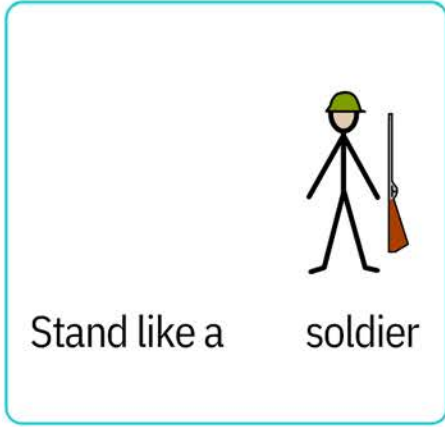
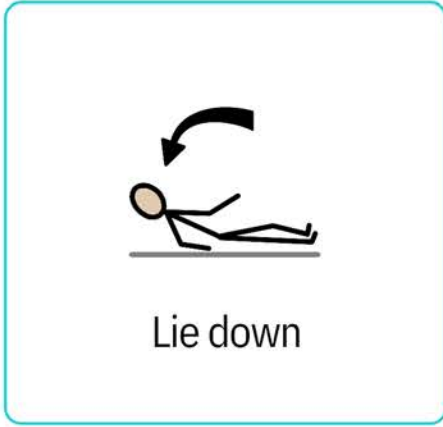
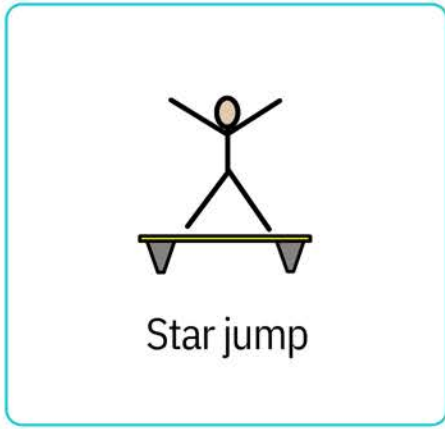
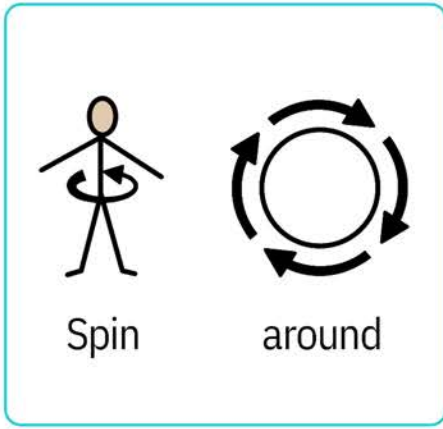
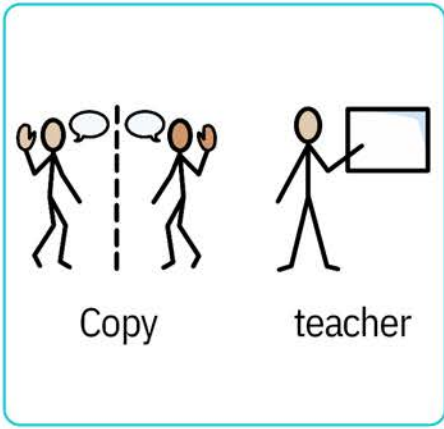
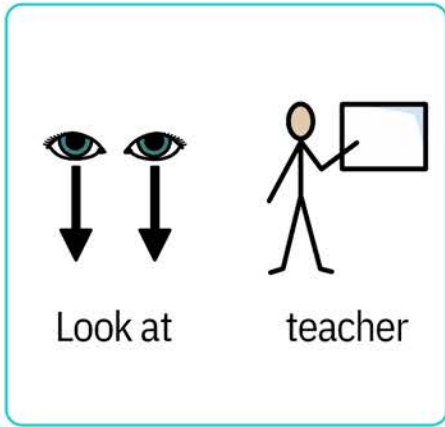
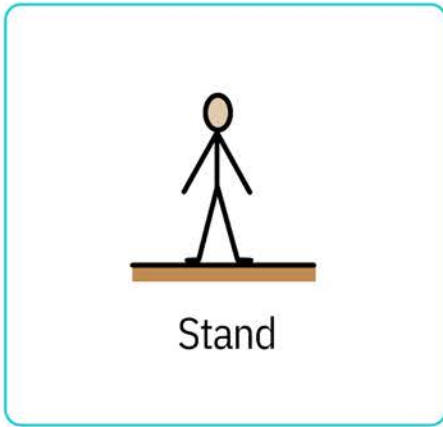
back



Repeat




Magic Cloth

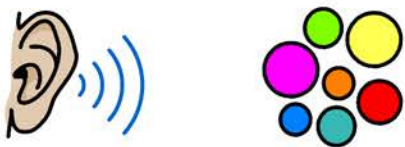


AGE All Ages


Colour search



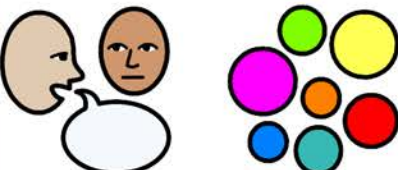
Sit



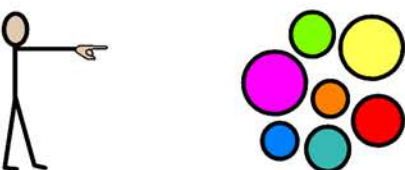
Listen to colours



Look at colours



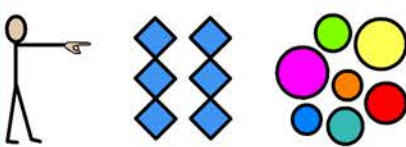
Say colour



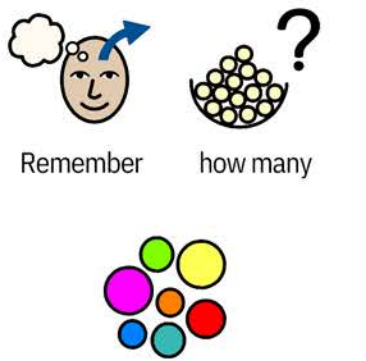
Point to colour



Listen to story



Find same colours



Remember how many colours

Blank space for activity.

Blank space for activity.

Blank space for activity.

Clock Work



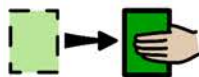
Sit in a circle



Straight legs



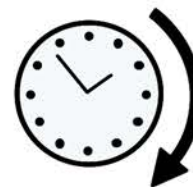
Hold hands



Shift



bums



Clockwise

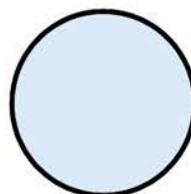


Keep



holding hands

Finish the



circle



Shift



bums



Anticlockwise

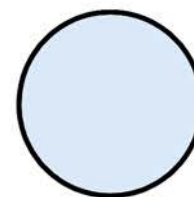


Keep



holding hands

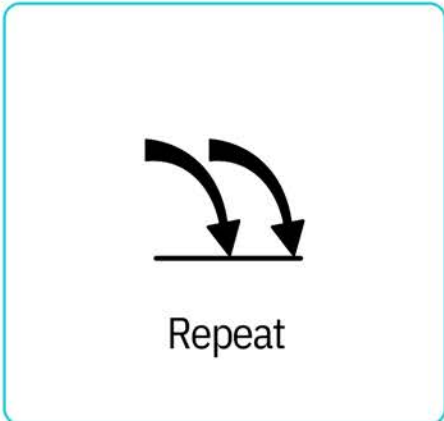
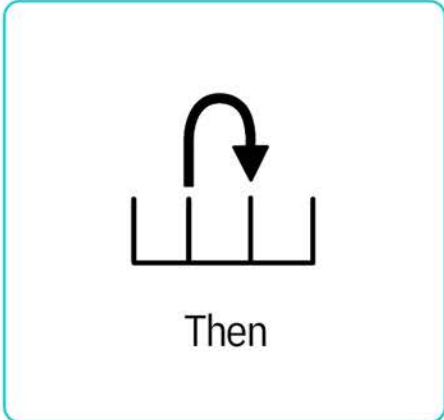
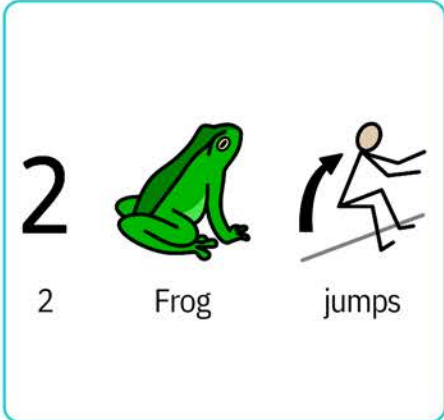
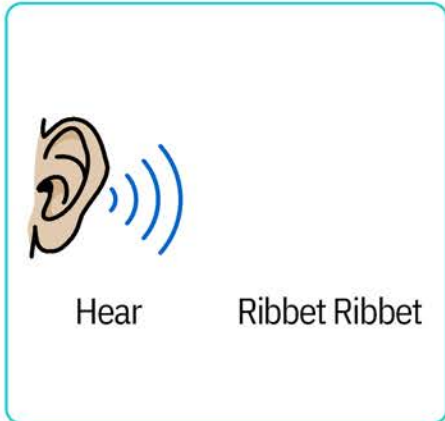
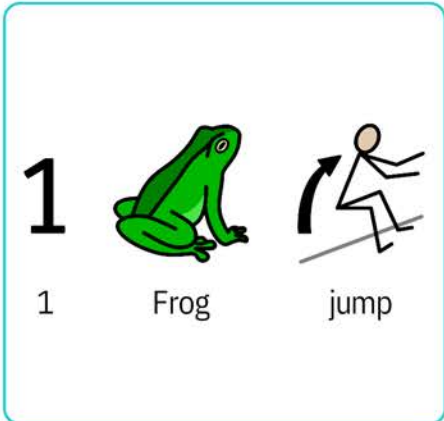
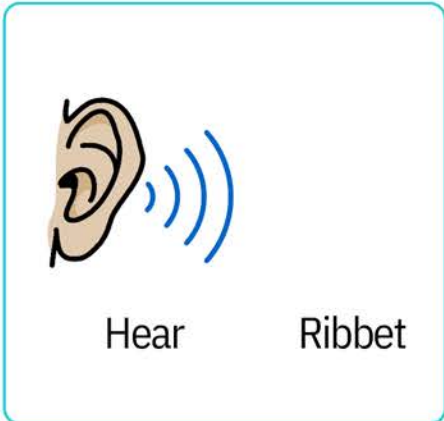
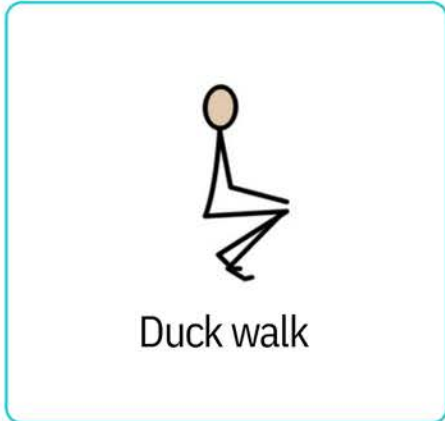
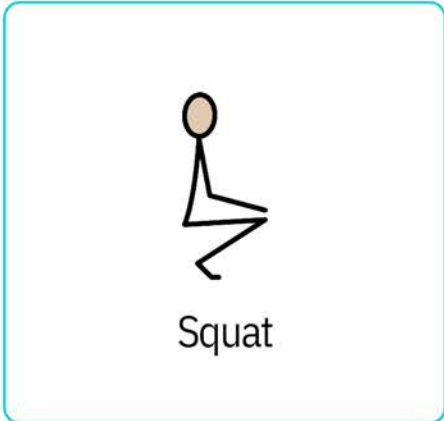
Finish the



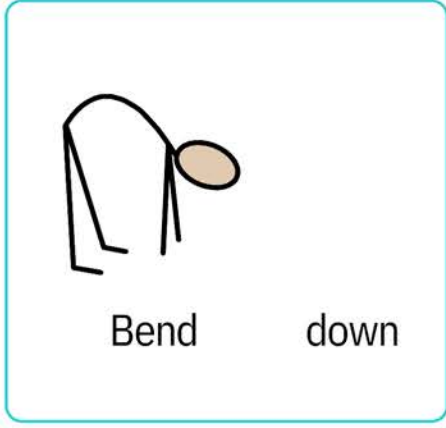
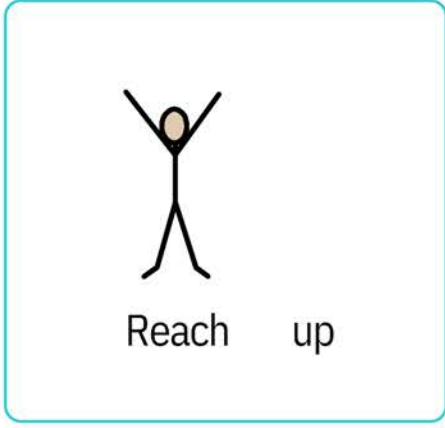
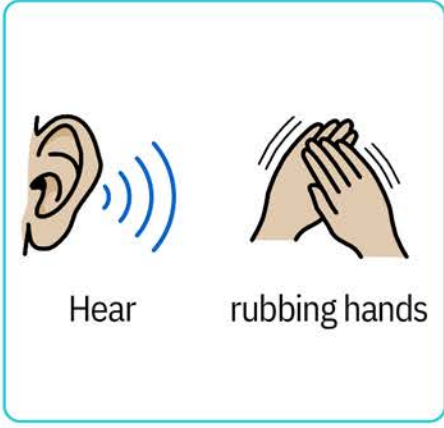
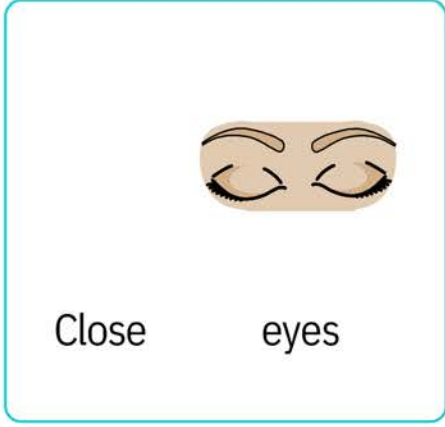
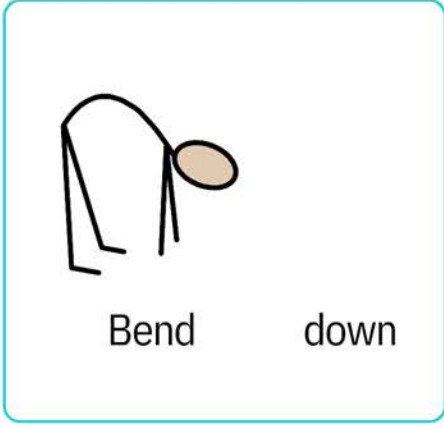
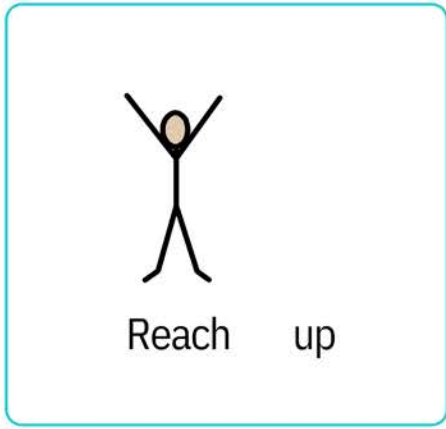
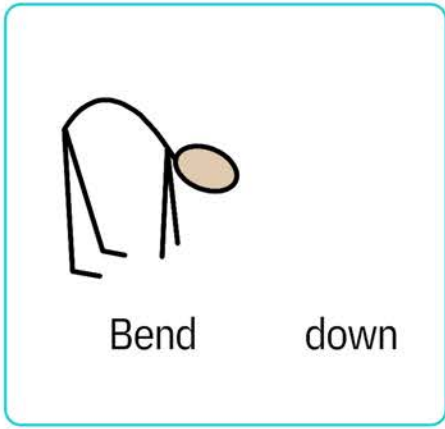
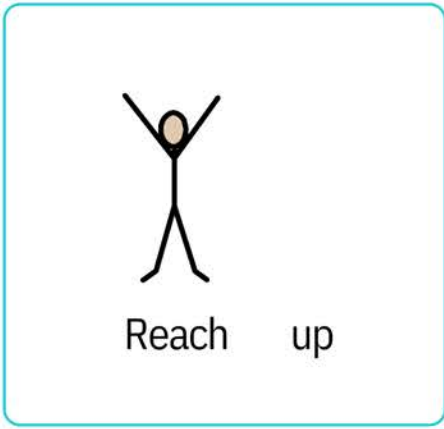
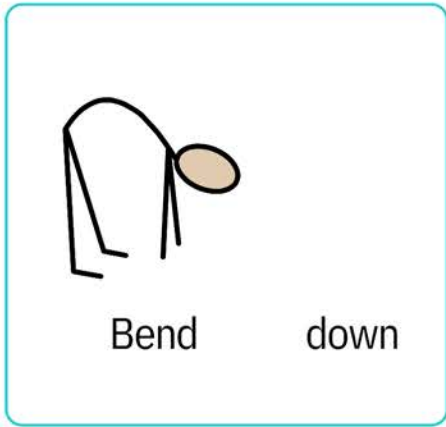
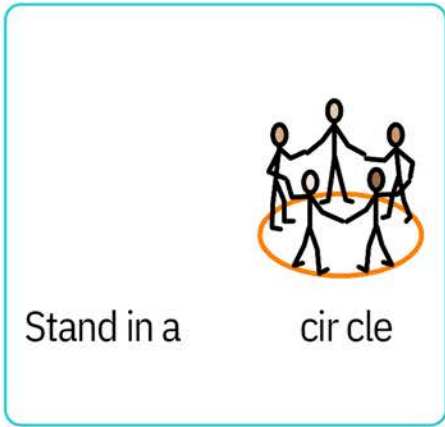
circle

AGE All Ages

Duck Walks



Mexican Wave





All Ages

Wriggle and Jiggle

Copy teacher

Windmill

March

Raise 1 hand

Opposite hip


Repeat

Raise other hand


Opposite hip

Hug yourself

Stand Up




Sit in a circle




Listen




Stand up if true



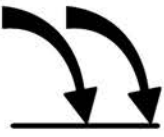
Stand up if



grey top



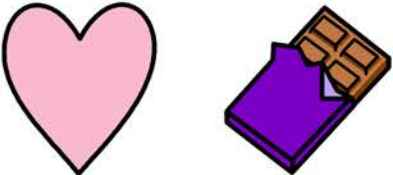
Sit down



Repeat




Have a sister



Like chocolate



Climbing trees



Have a brother



All Ages



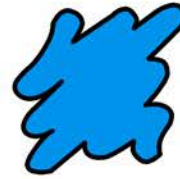
Ride a bike



Like



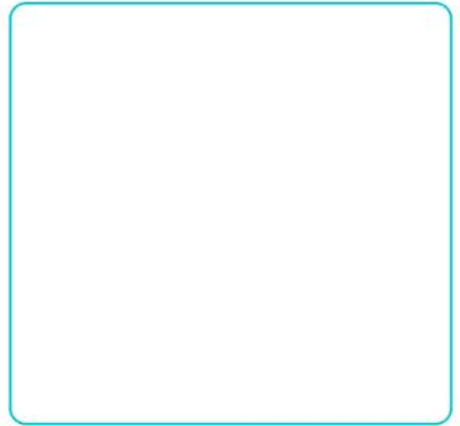
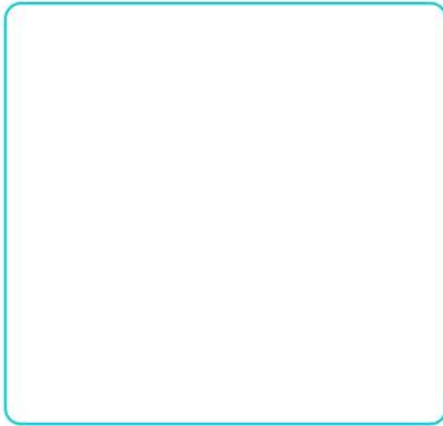
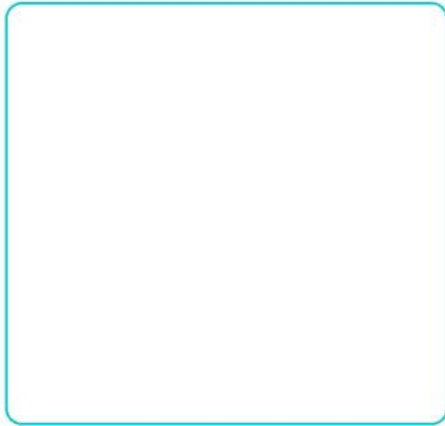
sweets



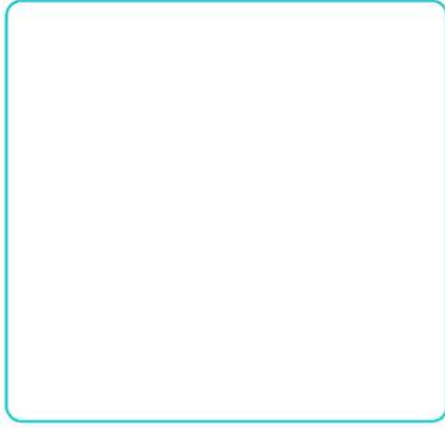
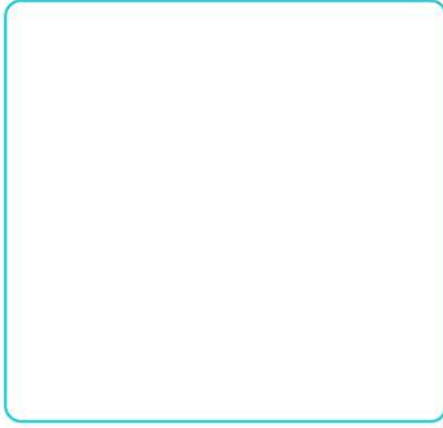
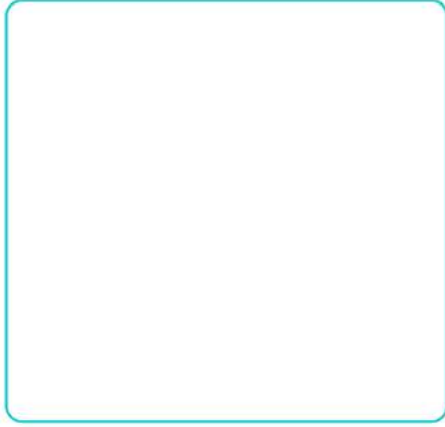
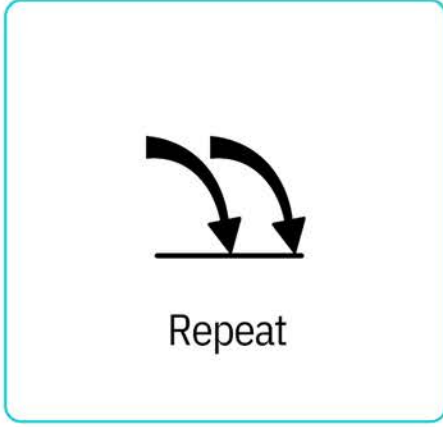
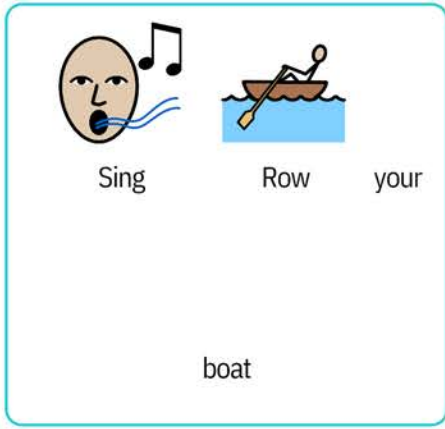
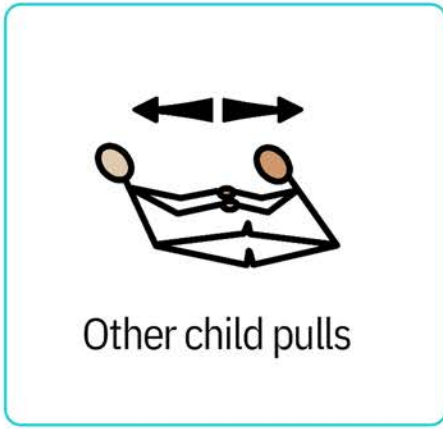
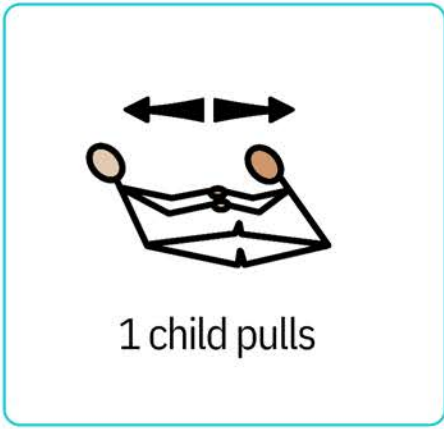
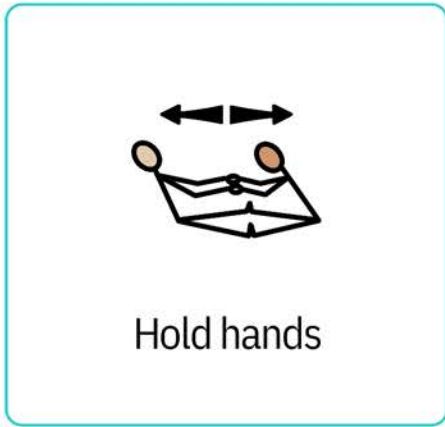
Blue



shorts



Row Your Boat





All Ages

Magic Wonderland



Listen to story



Run on spot



Jump



March



Reach



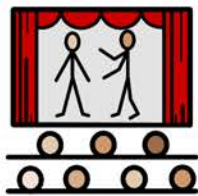
Hop



Tip toe



Spin



Act

True or False



True



False



Listen



True

or



False



Answer



wrong?

10

10



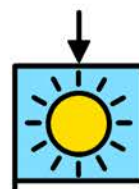
Star jumps



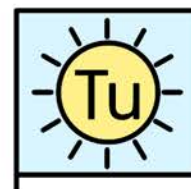
Sky



blue?



Today



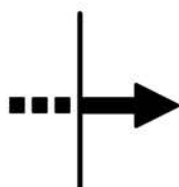
Tuesday



School



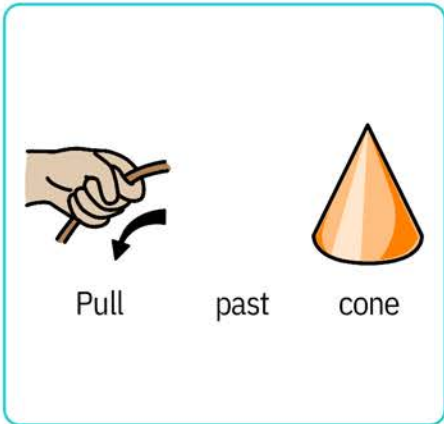
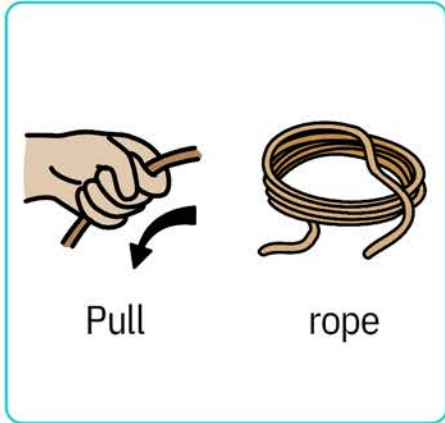
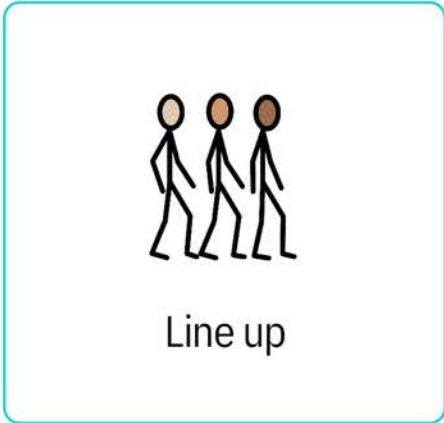
name is



Continue

AGE All Ages

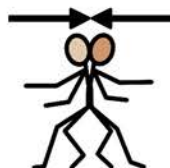
Tug of War



Back toBack



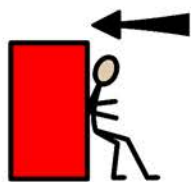
Sit



back to back



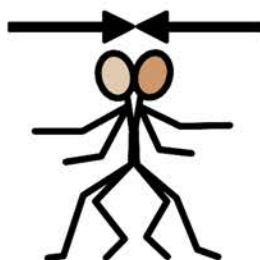
Link arms



Push



stand



Push against



Try

with

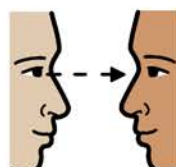


beanbag

Back toBack



Sit



facing



Hold hands



Pull

to



stand



Try

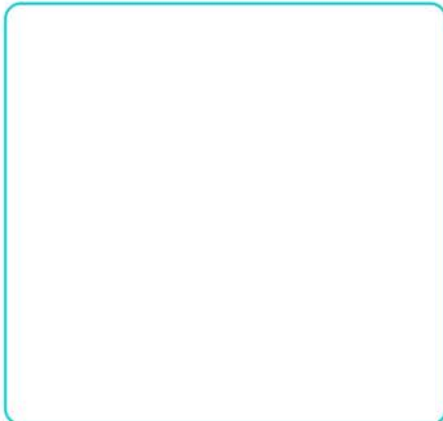
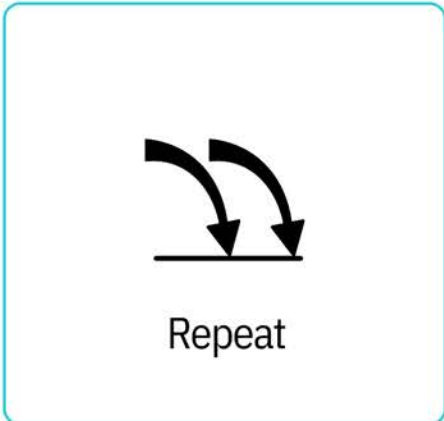
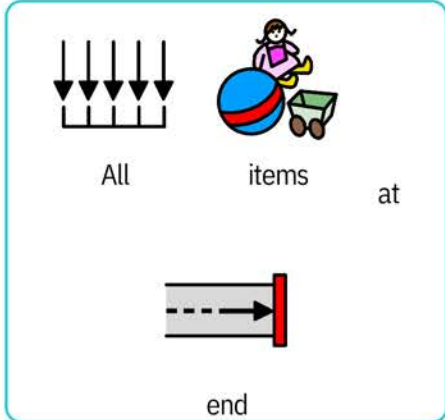
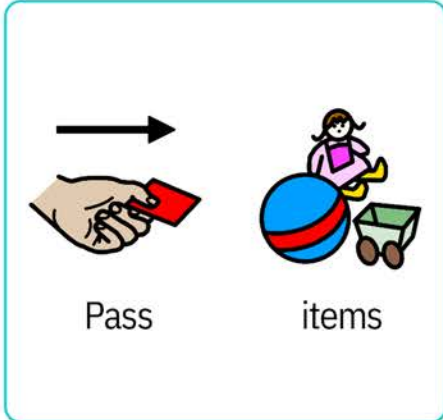
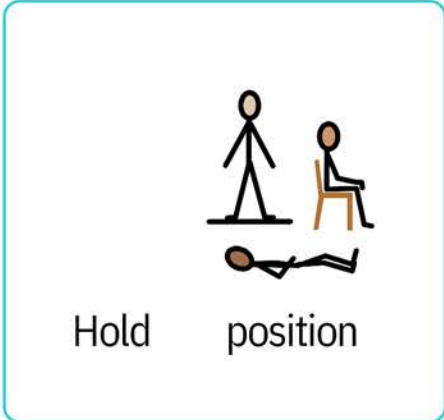
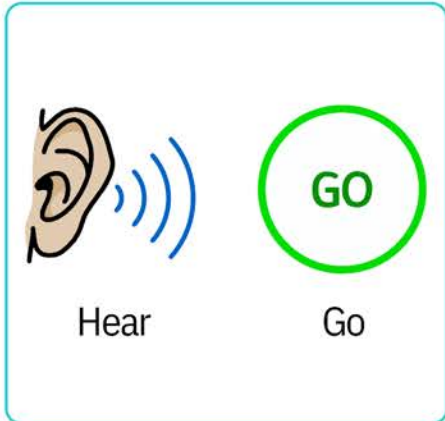
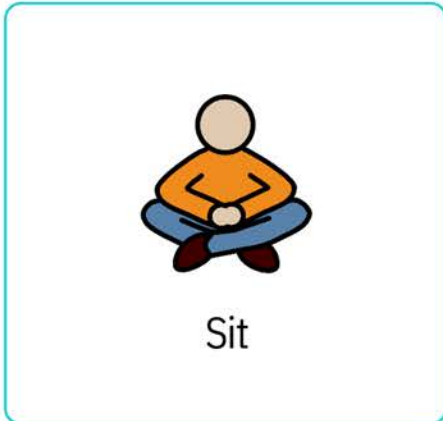
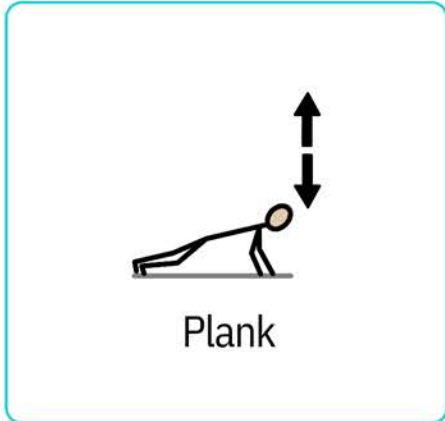
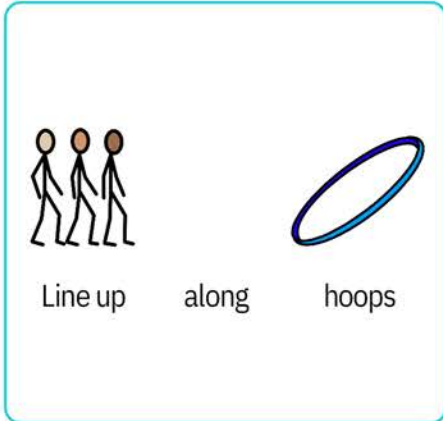
with



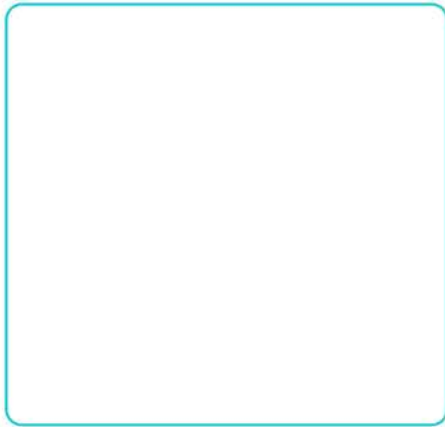
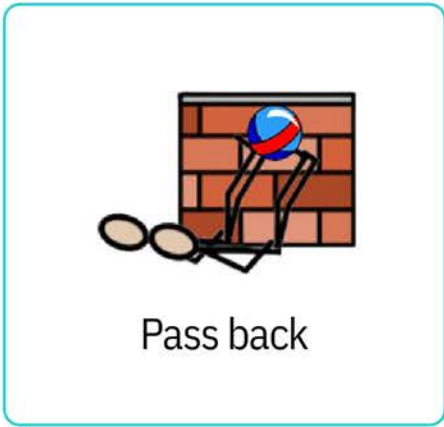
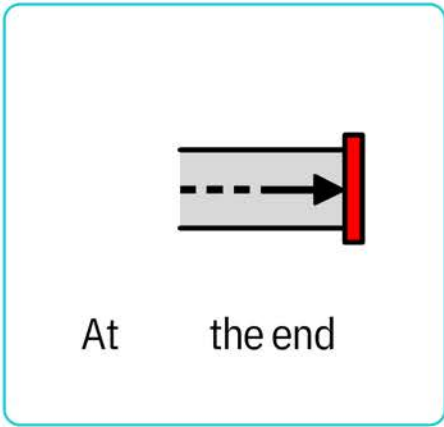
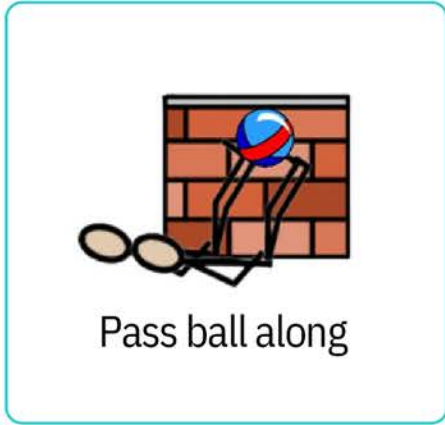
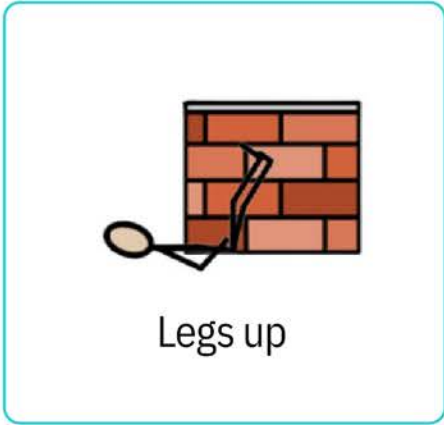
beanbag

AGE All Ages

Pass Down the Line



Wall Ball





All Ages

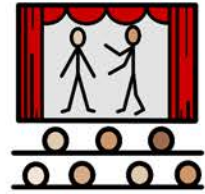
Transportation Station



Hear



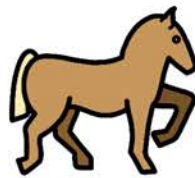
tr ansportation



Act



Aeroplane



Horse



Bicy cle



Helicopter

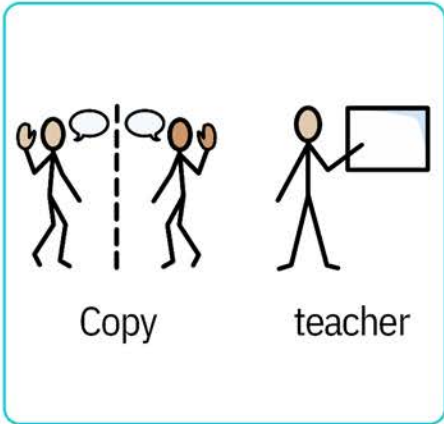


Car



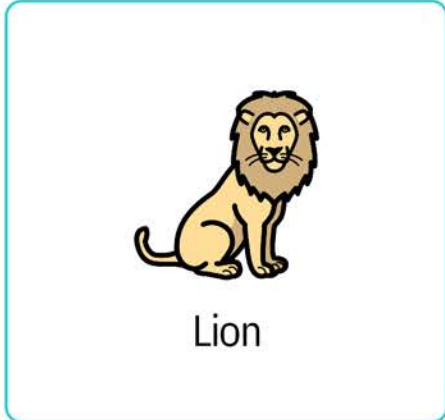
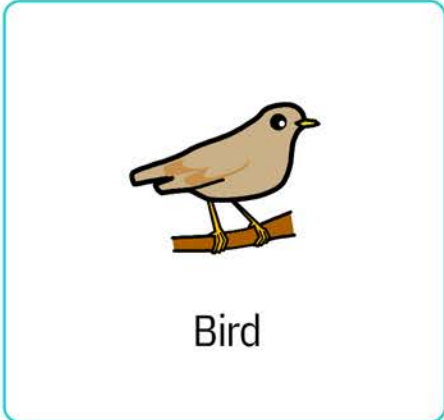
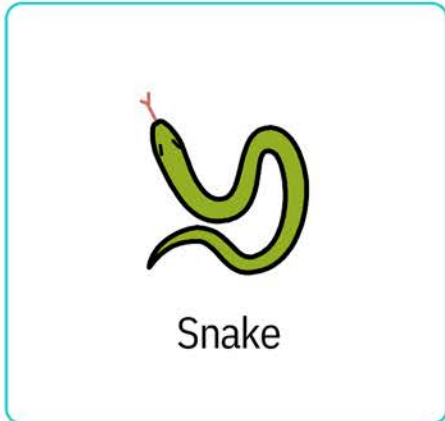
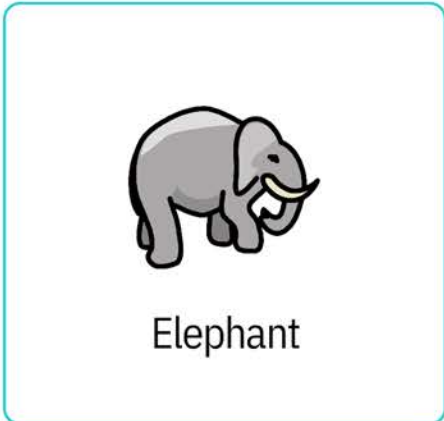
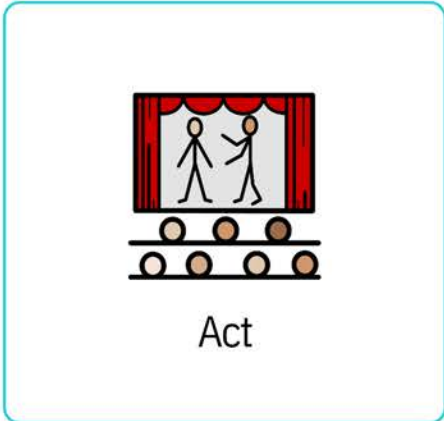
T rain

Thunder Storm



AGE All Ages

Animal Dice





BREATHE

Short In-Classroom Activities to
Focus on Self Regulation,
Breathing and Mindfulness



All Ages

Affirmations



Stand in a circle



Sit in a circle



Copy



me



I am loved



I am strong



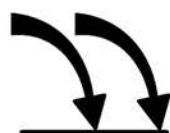
I am smart



I am brave



I am funny



Repeat



Hot Chocolate Breaths



Stand in a circle



Sit in a circle



Hold

pretend



hot chocolate



Smell



hot chocolate



Blow



hot chocolate



Smell



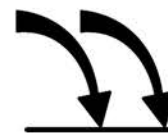
hot chocolate



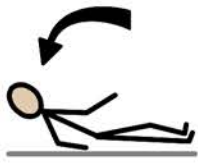
Blow



hot chocolate



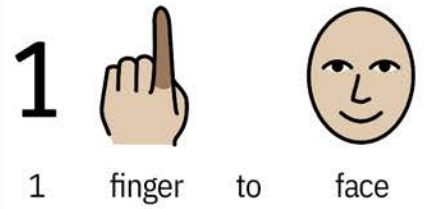
Repeat



Lie down



Close eyes



1 finger to face



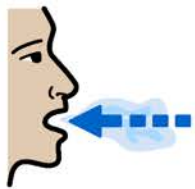
Imagine



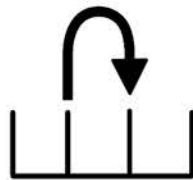
finger



flower



Breathe in



Next



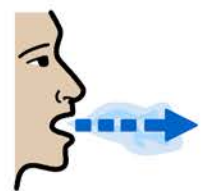
Imagine



Finger



Candle



Breathe out



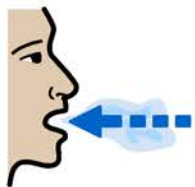
Imagine



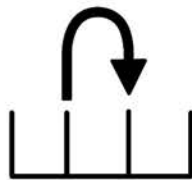
Finger



Flower



Breathe in



Next



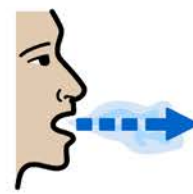
Imagine



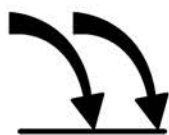
Finger



Candle



Breathe out



Repeat



All Ages

Otter



Arms in front



Lift chest



Lift chest and legs



Lift chest hold legs



Animal Breaths



Sit

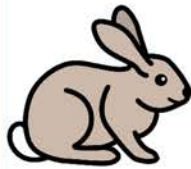


Pretend

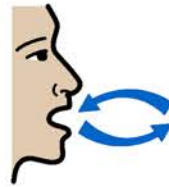


Hiss like a

snake



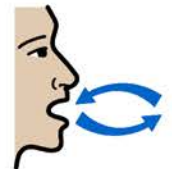
Bunny



breathing



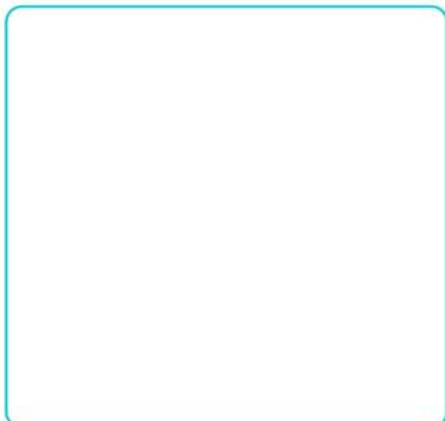
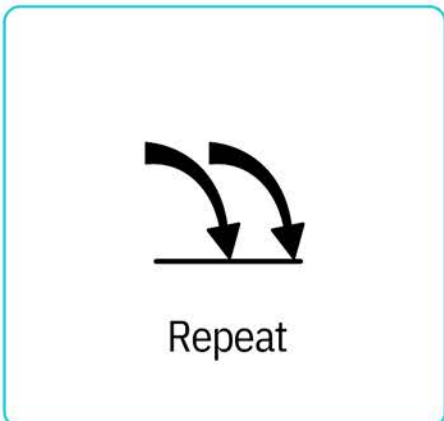
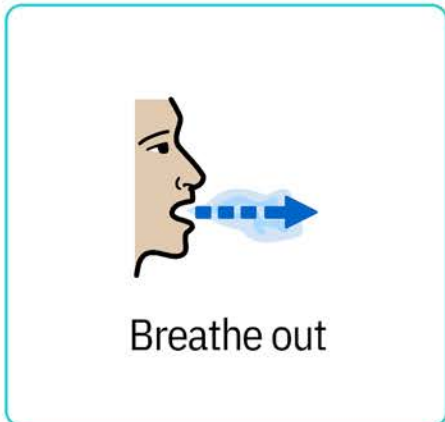
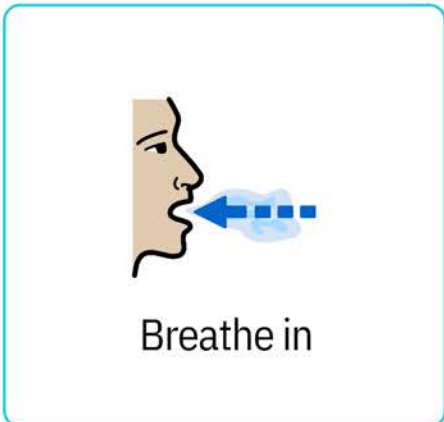
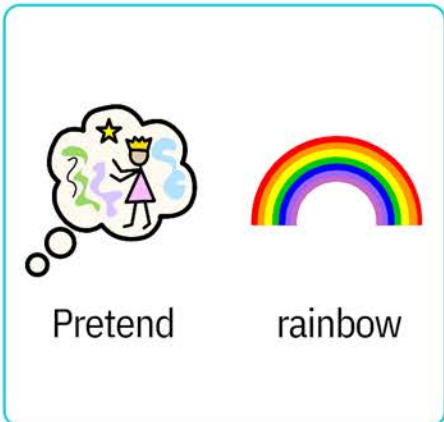
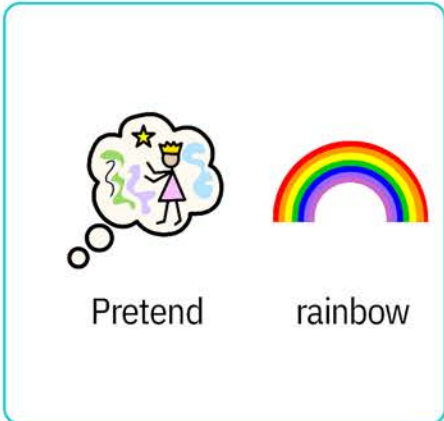
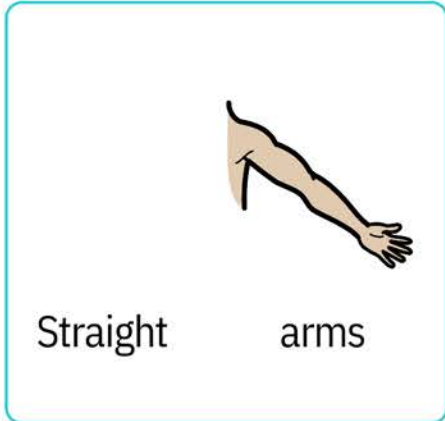
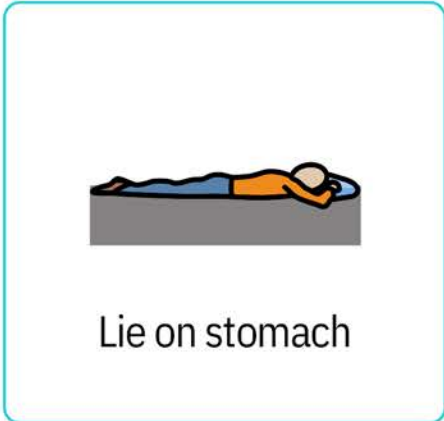
Bumblebee




breathing

AGE All Ages


Over the Rainbow



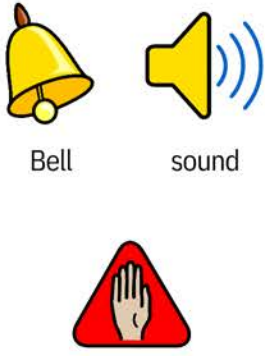
Ting-a-Ling



Sit quietly




Hear bell




Bell sound stop




Raise hand



Stay quiet




Hear bell



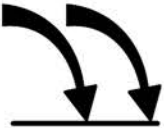
Bell sound stop



Raise hand

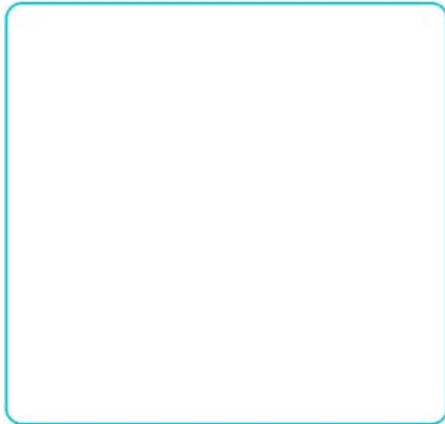
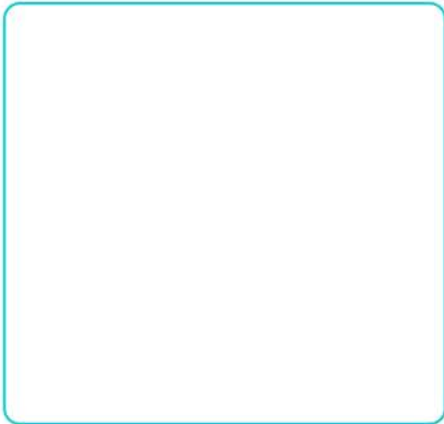
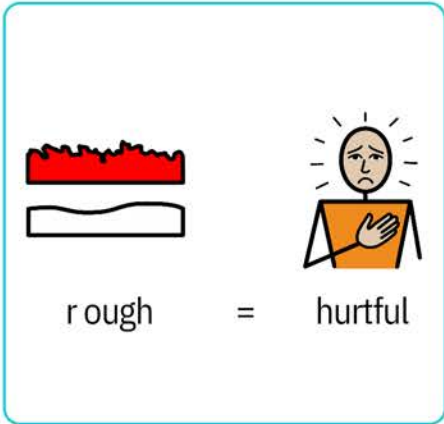
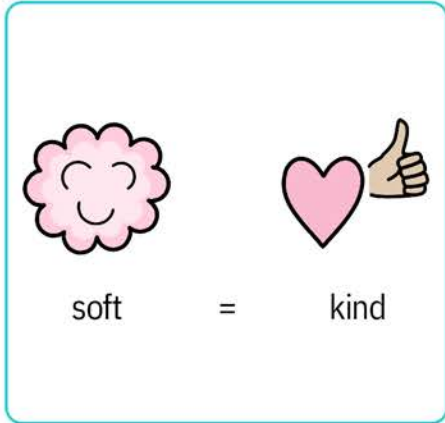


Stay quiet

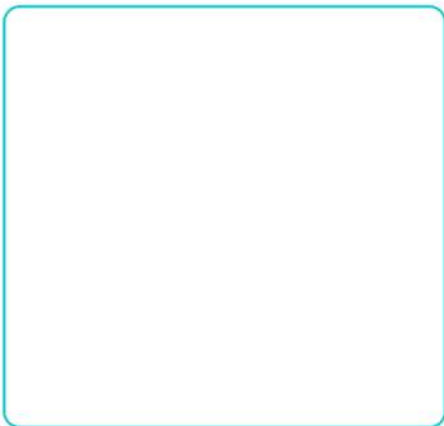
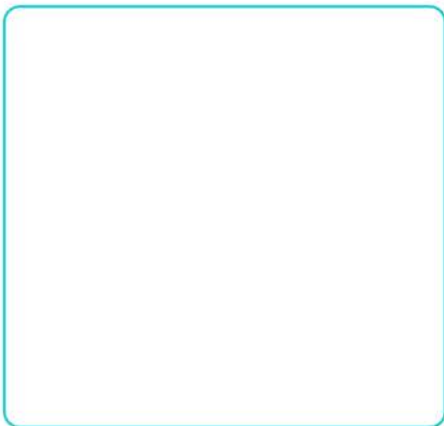
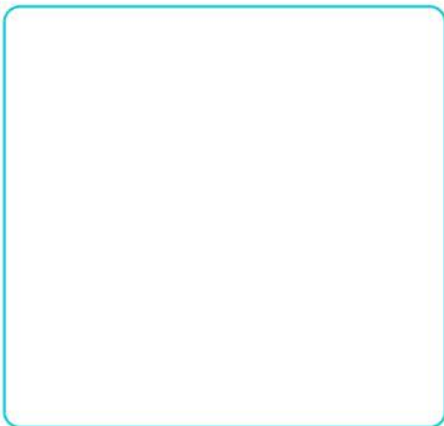
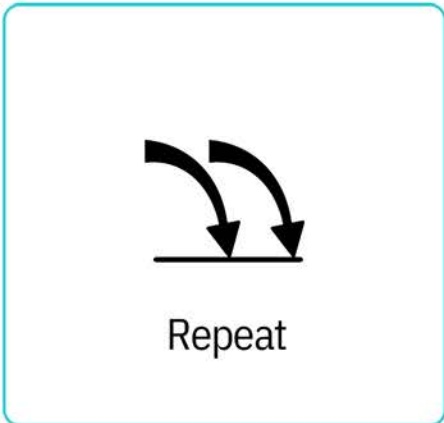
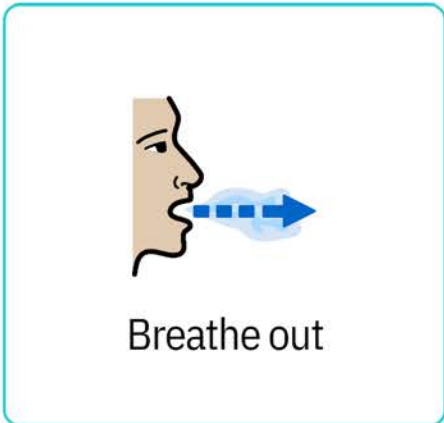
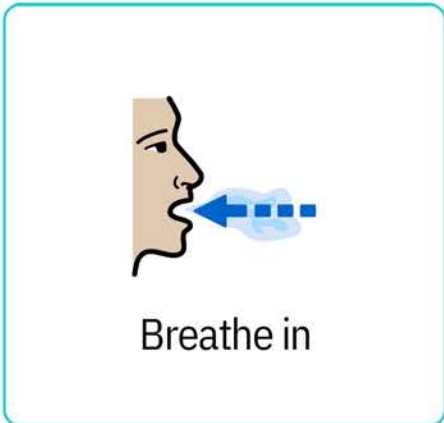
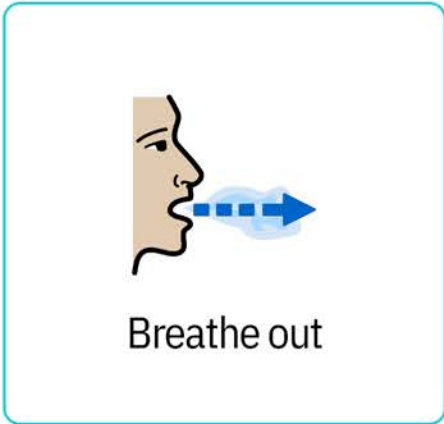
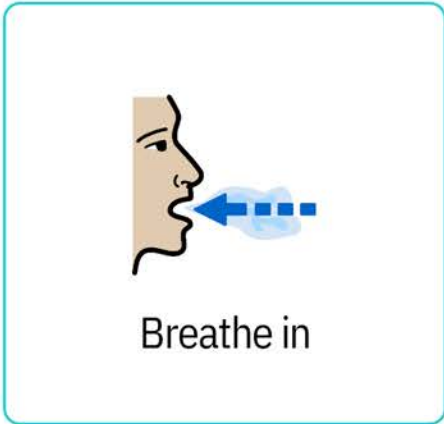
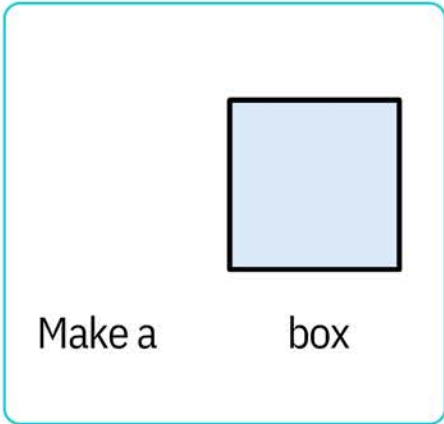


Repeat

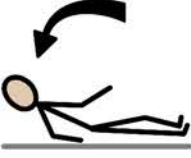
Feeling Emotions



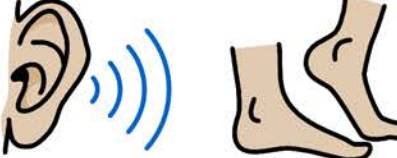
Box Breathing




Body Scans



Lie down



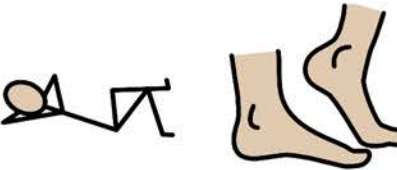
Hear feet




Tense feet

5


5



Relax feet




Hear legs




Tense legs

5


5



Relax legs

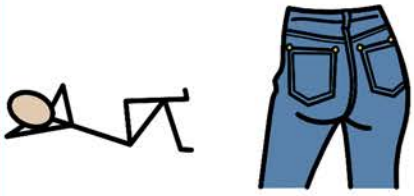


Hear bum




Tense bum


5
5



Relax bum

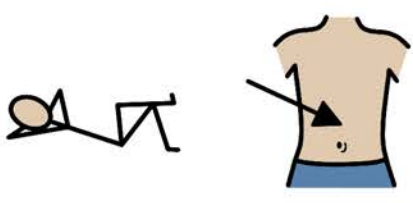


Hear tummy

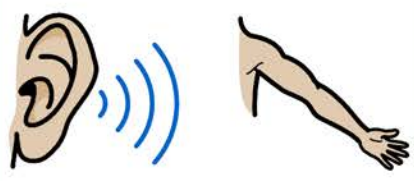


Tense tummy

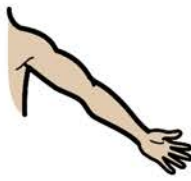
5
5



Relax tummy

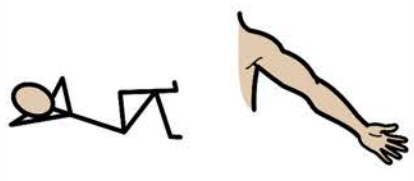


Hear arms

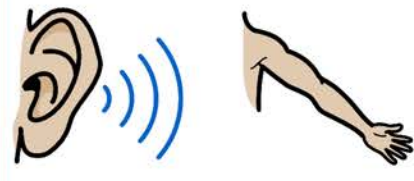


Tense arms

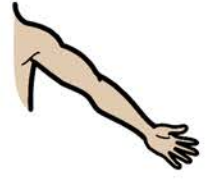
5
5



Relax arms



Hear arms



Tense arms



5

5



Relax

arms



Hear

hands

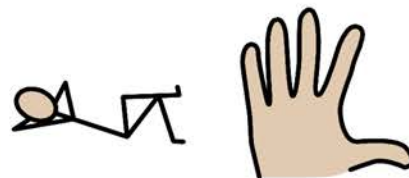


Tense

hands

5

5



Relax

hands



Hear

shoulders

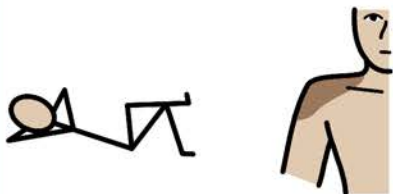


Tense

shoulders

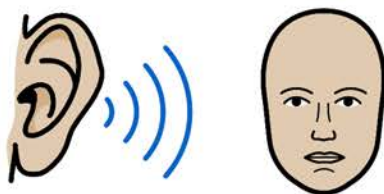
5

5



Relax

shoulders



Hear



face


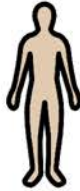



Tense

face


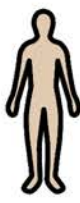
5
5

 Relax
 face

 Hear
 body


Tense body

5
5

 Relax
 body



All Ages

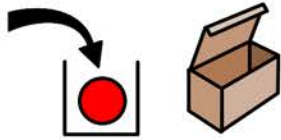
What's in the Box



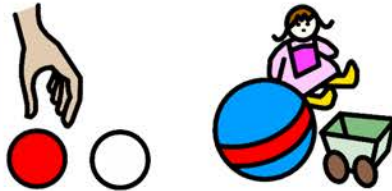
Sit in a circle



Close eyes



Reach into box



Choose item

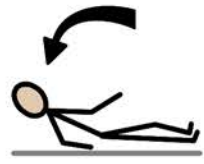


Guess

I See, I Hear, I Smell,
I Taste



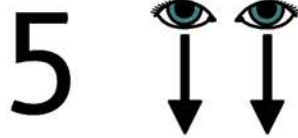
Sit



Lie down



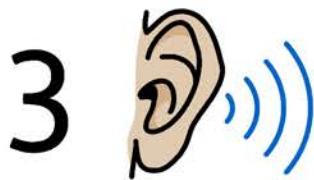
Imagine



5 sights



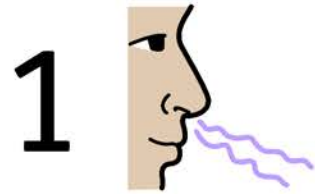
4 feel



3 sounds



2 tastes



1 smell



All Ages

Evolving Tree



Child pose



Cat cow



Downward dog



Dangling



Warrior



Tree



Let's Go Camping



Child pose



Stretch



Hold legs



Downward dog



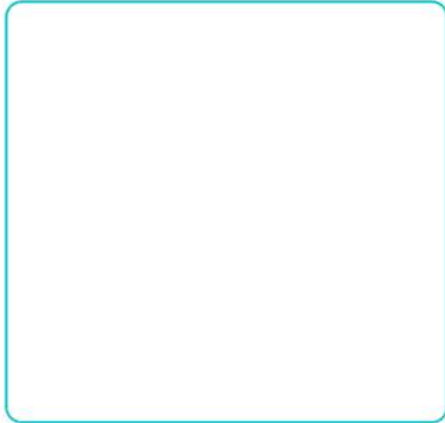
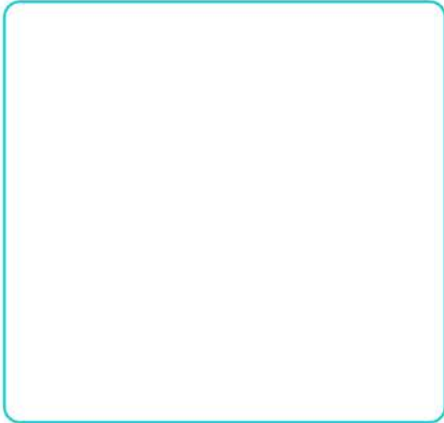
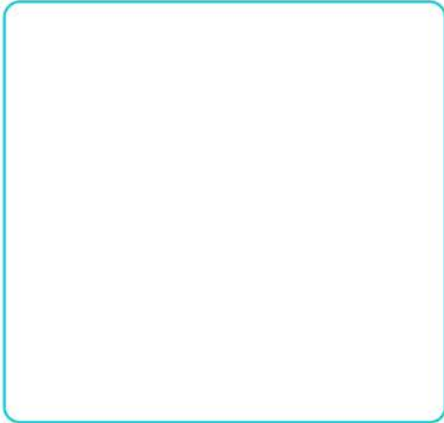
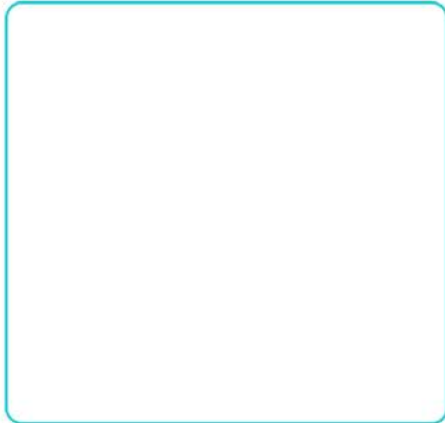
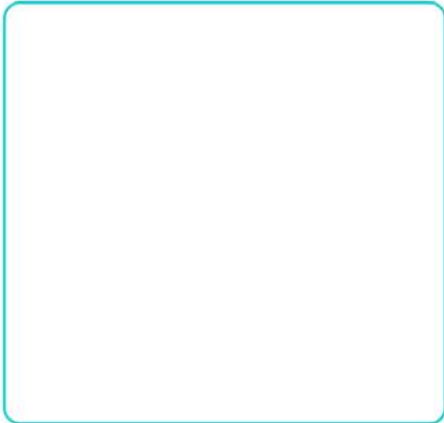
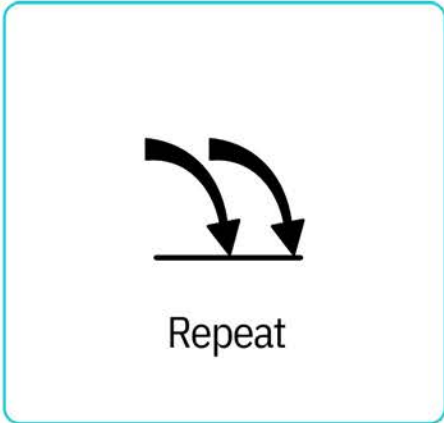
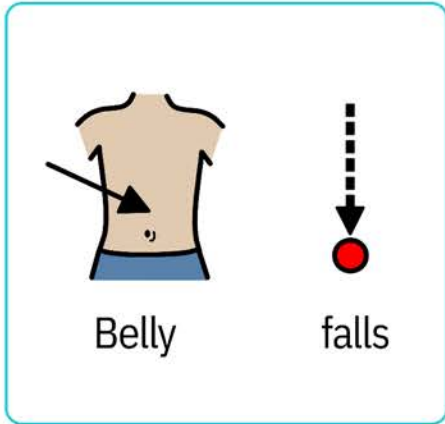
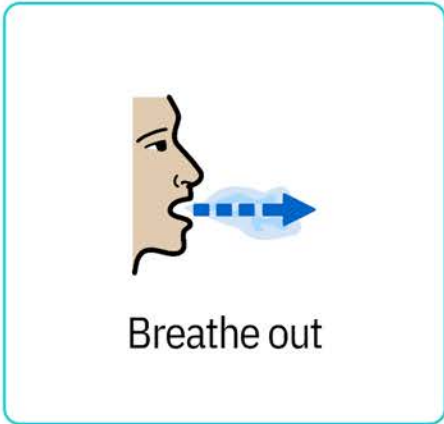
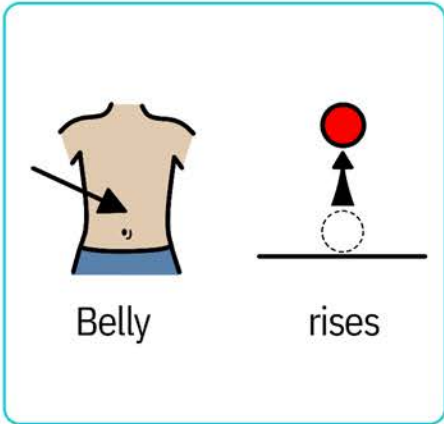
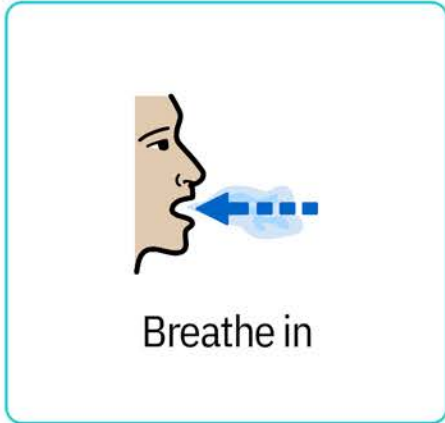
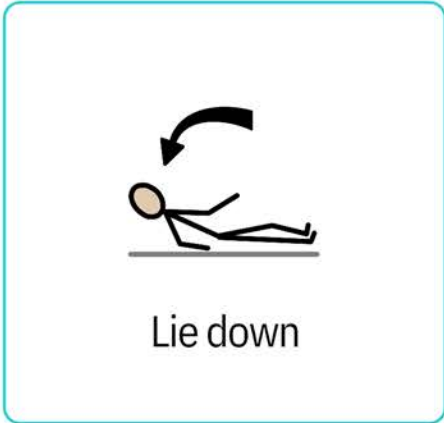
Tree




Relax

AGE All Ages

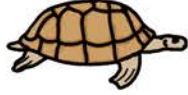
Belly Adventure



Muscle Tension




Pretend



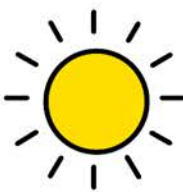
Turtle



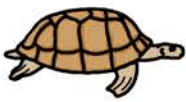
Rain



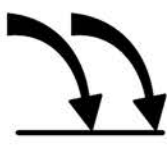
Curl up




Sun is out



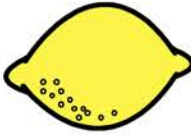

Turtle



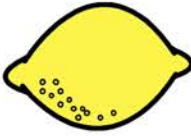

Repeat



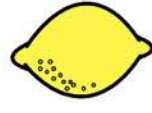

Pretend



Squeeze lemons



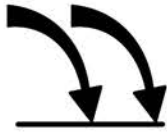
Throw lemons



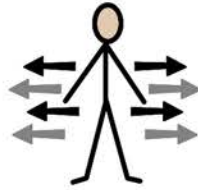
Stomp on lemons



All Ages



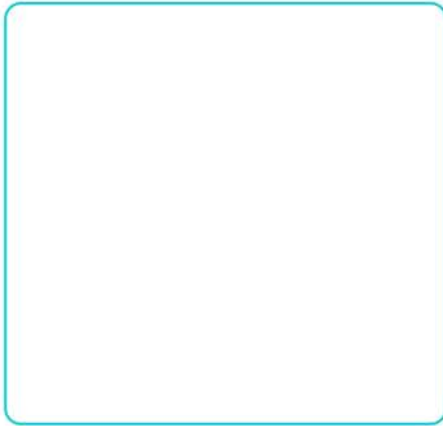
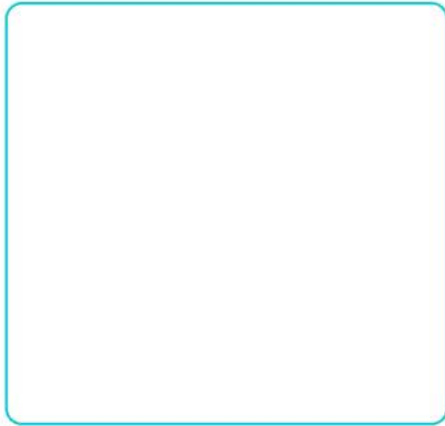
Repeat



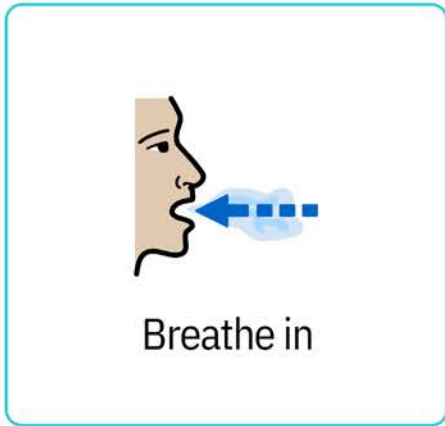
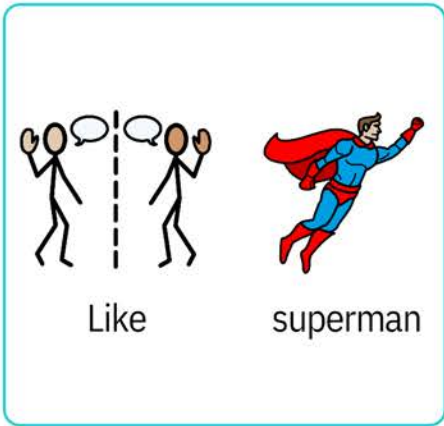
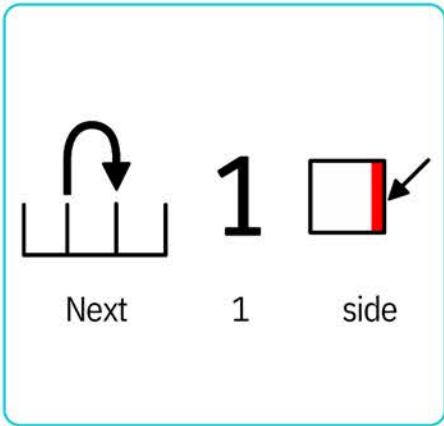
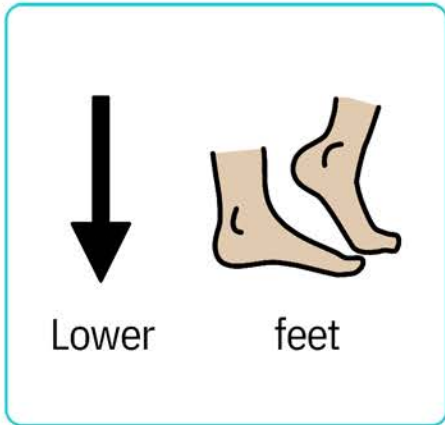
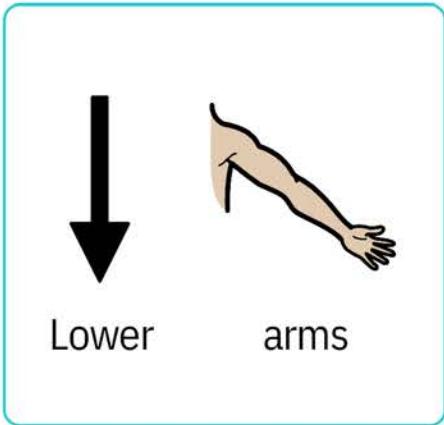
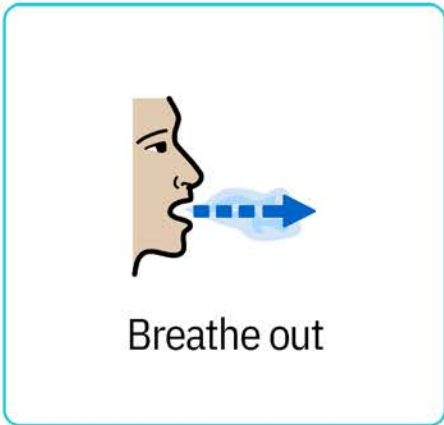
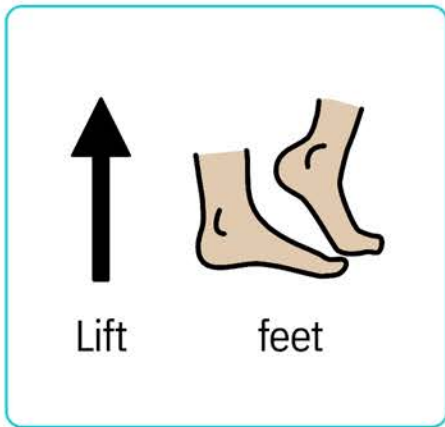
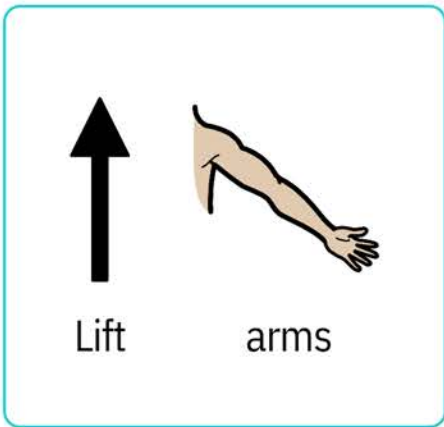
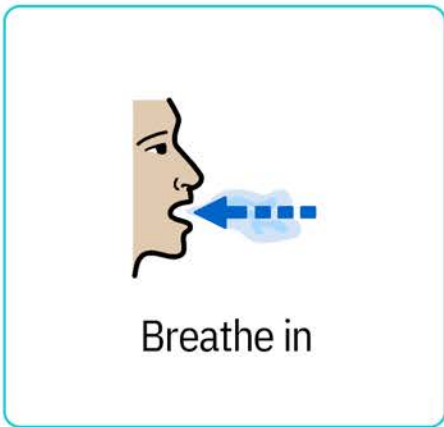
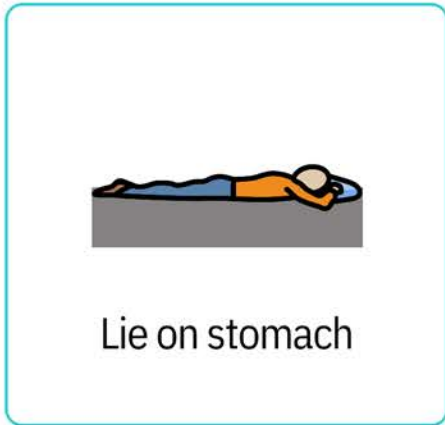
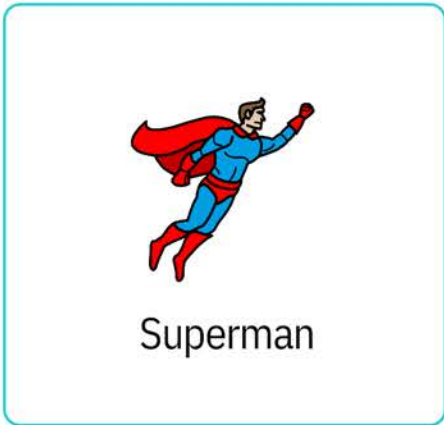
Shake out


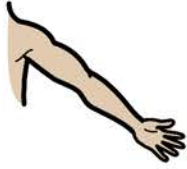


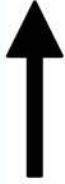

Relax

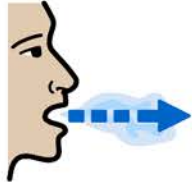




Superman

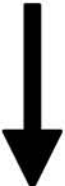
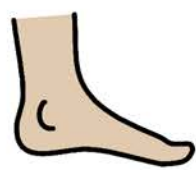


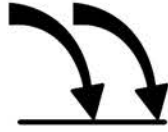
 **1** 
Lift 1 arm

 **1** 
Lift 1 foot


Breathe out

 
Lower arm

 
Lower foot


Repeat

Lizard on a Rock

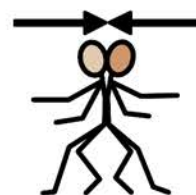


Sit

in



pairs



Back to back



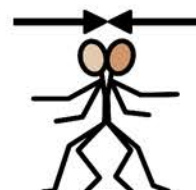
Lizardbend overrock

3



3

breaths



Back to back



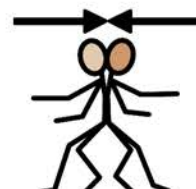
Lizardbend overrock

3



3

breaths



Back to back

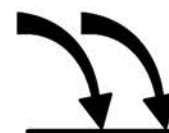


Repeat



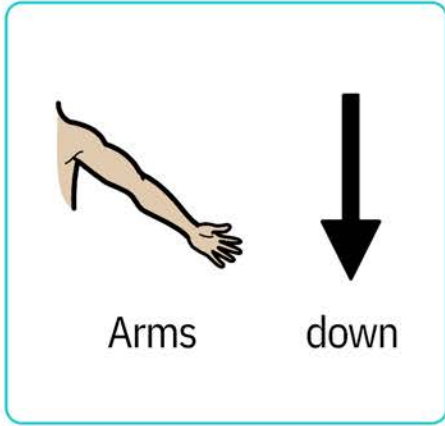
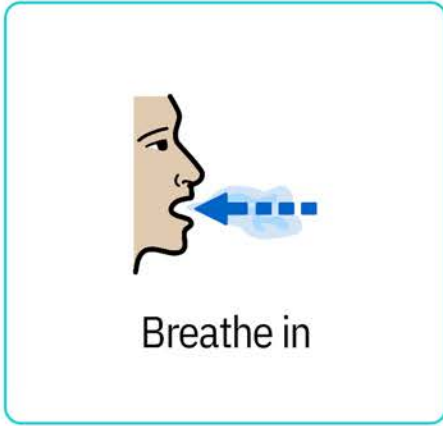
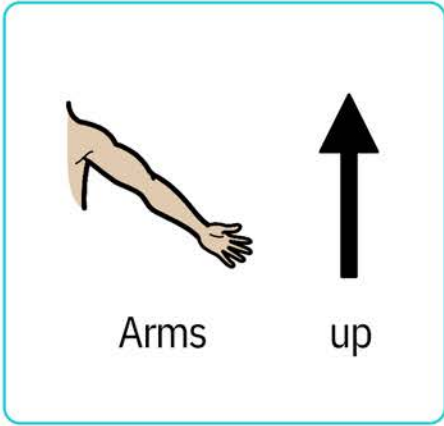
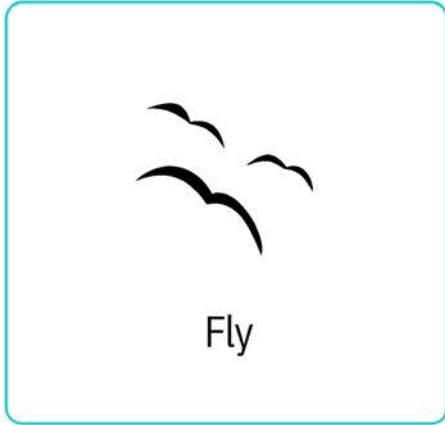
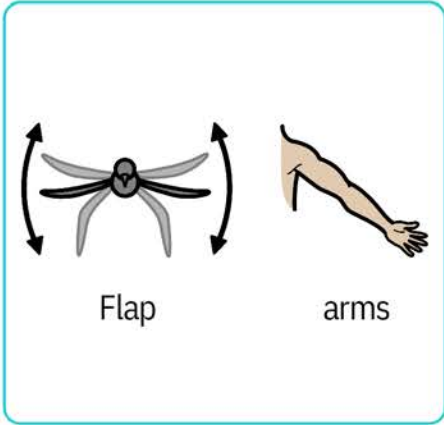
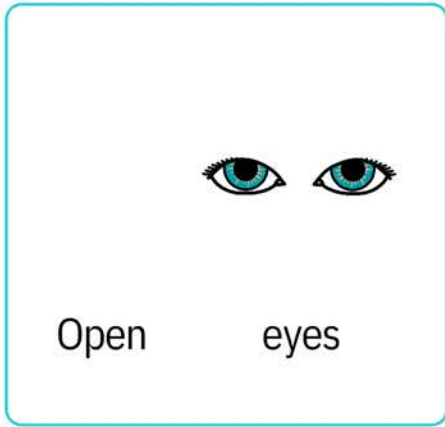
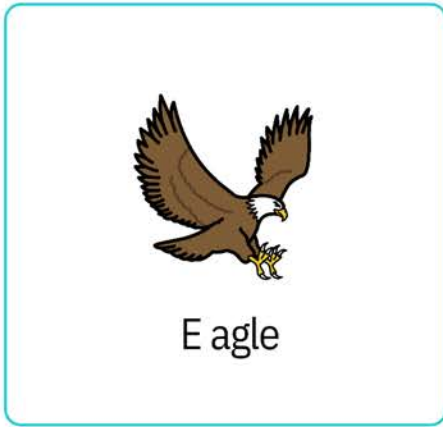
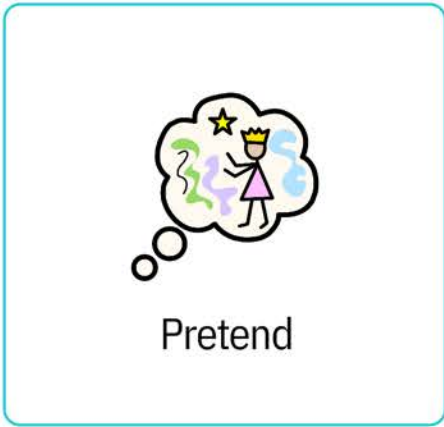
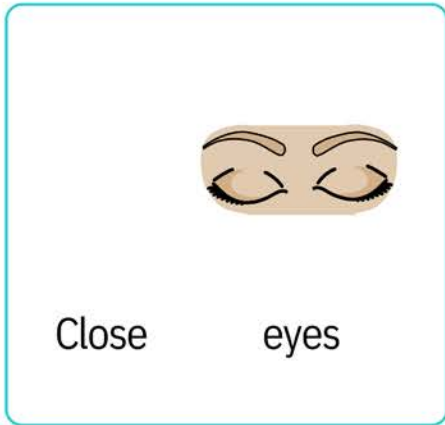
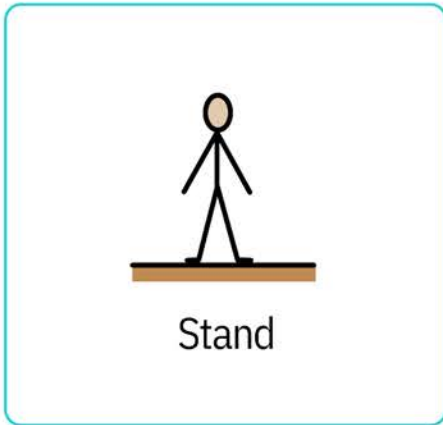
Swap

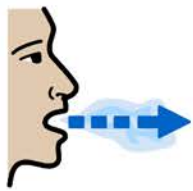
turns



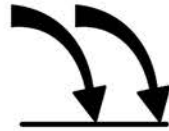
Repeat

Eagle Flying



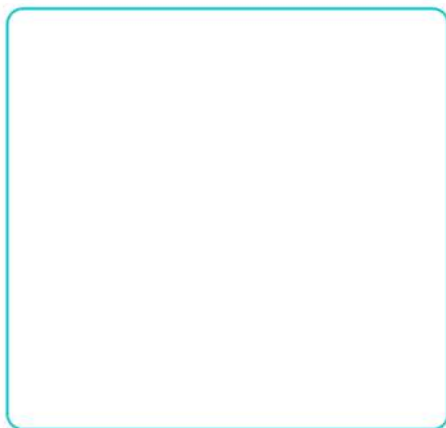
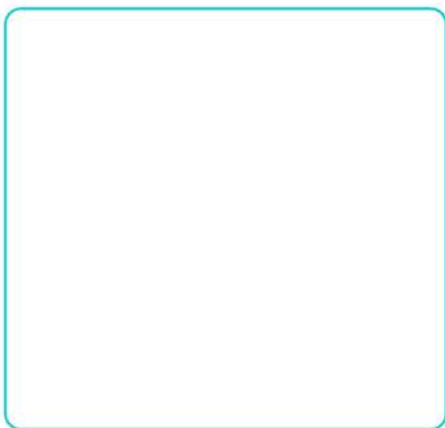
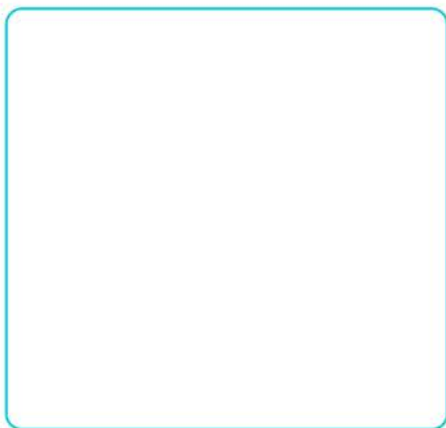
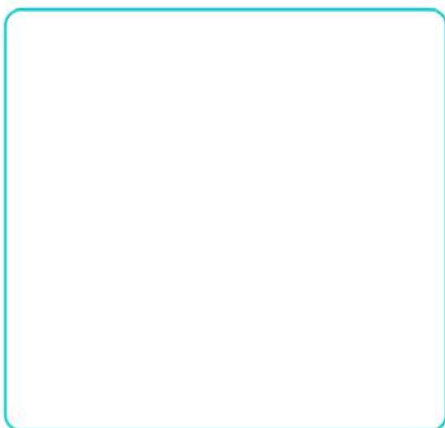
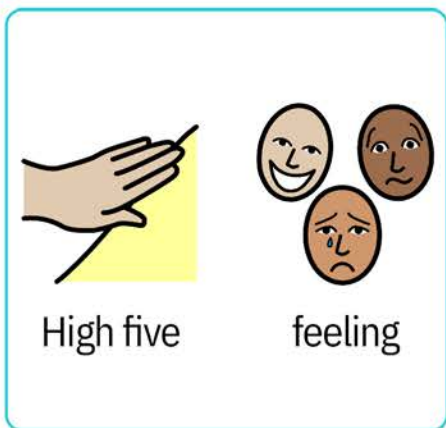
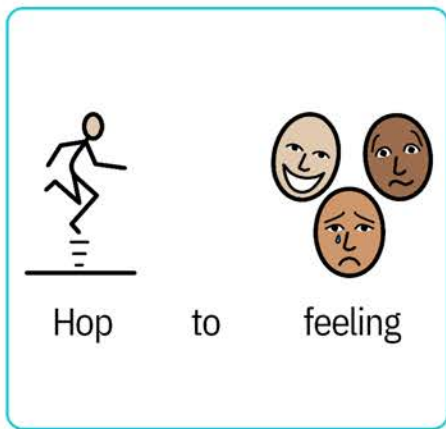
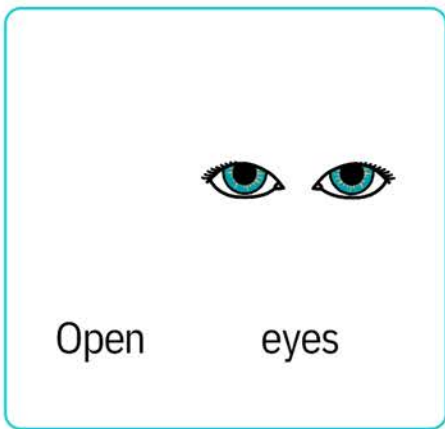
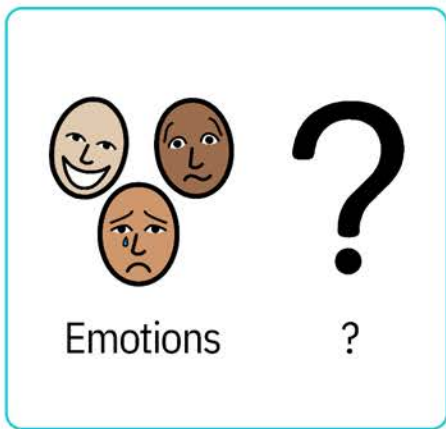
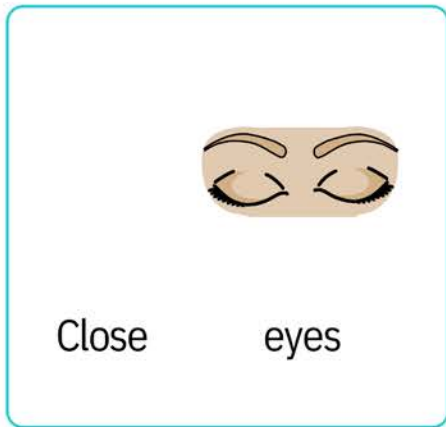


Breathe out



Repeat

How Do I Feel Today





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