

FREE

Indoor Recess Game Packet



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ROLL SOME BRAIN BREAKS

Directions: Roll one die for each of the columns. Perform the quick brain break that matches the number you rolled on the die. For example, if you roll a 1-2-4-3-5 you would perform the following brain breaks: 10 jumping jacks, 5 wall push ups, 10 Twists at the waist, 10 jumps over a pencil on the floor and 10 windmills.

	Column #1	Column #2	Column #3	Column #4	Column #5
1 	10 jumping jacks	Wiggle your whole body for a count of 10.	Bring R elbow to L knee and L elbow to R knee 5 times	Jump in place 10 times.	Rub your entire R arm with your L hand
2 	Squeeze your R hand firmly with your L hand	5 wall push ups	Move the upper half of your body	Spin in a circle 3 times to the right	Touch L hand to bottom of R foot. Repeat 5x.
3 	Move the right side of your body	Spread legs apart and bend at waist looking between knees. Repeat 5x.	Make 10 small circles with your arms	10 jumps over a pencil on floor	Give yourself a big hug for 10 seconds
4 	Rub your entire L arm with your R hand	Touch R hand to bottom of L foot. Repeat 5x.	Twist at the waist 10 times with arms out to the side	Spin in a circle 3 times to the left	Make 10 large circles with your arms
5 	Touch R hand to L shoulder. Touch L hand to R shoulder. Repeat 5x.	March in place with knees high for a count of 10	Squeeze your L hand firmly with your R hand	Move the left side of your body	Touch R hand to L foot and then L hand to R foot 5 times
6 	Run in place for a count of 15	Move the lower half of your body	Touch hands overhead and try to balance on one foot for 5 seconds.	Tap your feet on the floor while making small circles with fingers for 10 sec.	Take 10 deep breaths



Triathlon Race

Imagine you are a competitor in a triathlon race. You must swim, cycle and run to complete the race.

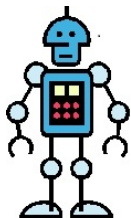
The first part of the race is the swim. You stand on the sand waiting...Ready, set, go! You jump into the water and begin swimming the crawl stroke. Arm over head and into the water, followed by other arm, breath and kicking feet...arm, arm, flutter kicks...arm, arm, flutter kicks...arm, arm, flutter kicks..., arm, arm, flutter kicks.... You are almost to the end of the swim race. Just a few more strokes - arms moving...legs kicking, arms moving...legs kicking, arms moving...legs kicking. You completed the swim race. Drying off with your towel, you head for your bicycle.

Throwing one leg over the bike, you jump onto the seat. Quickly you begin pedaling. At first, it is level ground. You pedal at a slow, steady pace. Round and round the pedals go with your feet. You start to approach a hill. You begin to pedal harder and harder. It is a steep hill. Pedal hard and slow, pedal hard and slow, pedal hard and slow with your feet. You reach the top of the hill, now you go down the other side very fast. You pedal fast and easy, fast and easy, fast and easy. Your feet are moving in very quick circles. Back to level ground, you begin a slow, steady pace again on your bicycle. Round and round the pedals go. You reach the bicycle finish line. Parking your bike, you jump off and start running.

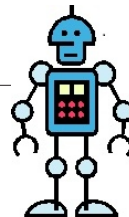
Again, you start off at a slow, steady pace - one foot in front of the other. Arms moving at sides, feet moving slow and steady. You see only a few racers in front of you. Picking up the pace, you run a little faster, arms pumping...feet moving...arms pumping... feet moving and arms pumping. You are so close to the finish line. You sprint as fast as you can, passing all the runners. Sprinting fast and arms pumping, you cross the finish line in first place!

Catching your breath from the long race, you take a deep breath in...deep breath out...deep breath in...deep breath out. You are the winner!





Be A Robot



Directions: Print this page and cut out the circles. Put tape on the back of each circle. Working in pairs, pick one person to be the robot and stick the buttons on his/her body (i.e. shoulder, knee, elbow, foot, hand, etc). The partner will control the robot. Press a button and the robot has to perform that action. Try to do the actions like a robot would (ie stiff joints).

Jump Up
and
Down

Walk
around
like a
robot

Bend
elbows
back and
forth

Bend
knees

Move
hands
like a
robot

Raise
right
arm up

Raise
left
arm up

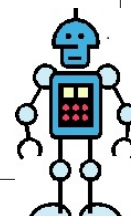
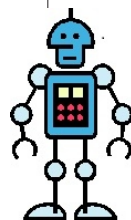
Kick
your
right
leg

Kick
your
left
leg

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www.GrowingPlay.com

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Need a quick game to rest and refresh your student's brain? Try this Q and A Body Game:

Purpose: Promote body awareness, motor skills and listening skills.

Materials: none

Activity: This can be played with one player or a group of children. The adult faces the group. Explain the directions of the game. The adult is going to ask the children to move certain body parts based on questions. The children are not to answer the questions. They should move the body part that is the answer to the question.

Here is an example:

Question: What body part waves hello?

Answer: Children wave hands in air.

Here is a list of several questions and answers or make up your own. See what questions the children can come up with.

Q: What body part makes funny faces?

A: Child moves mouth or tongue

Q: What body part wears socks?

A: Child moves feet.

Q: What body part uses crayons?

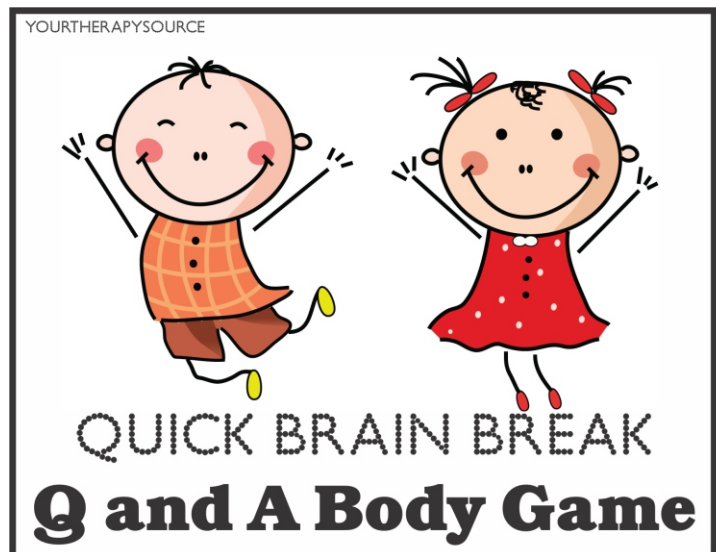
A: Child wiggles fingers.

Q: What body part smells skunks?

A: Child moves nose.

Q: What body part climbs ladders?

A: Child moves arms and legs



Now change the game and request actions based on different noises:

Make a clapping sound with your body.

Stomp your feet

Snap fingers

March in place

Smack lips

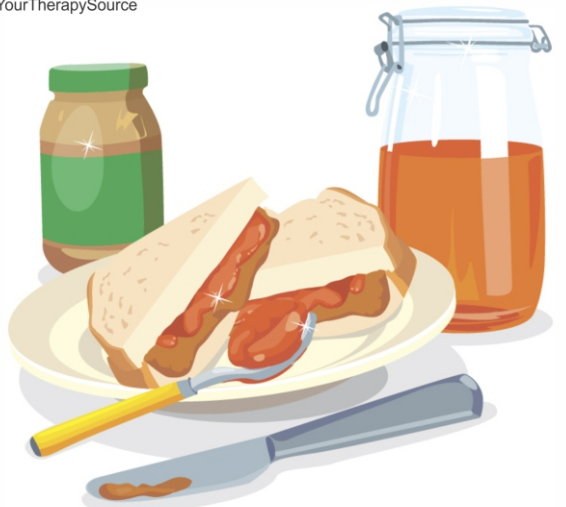
Slap knees

Tap shoulders quietly

Now have children close their eyes. Make one of the sounds with your body that you practiced together. Can the children guess what body part you are using to make the sound.

Need brain break ideas? Check out all of our Brain Break downloads at <http://yourtherapysource.com/brainbreaks>.

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Peanut Butter and Jelly Game for Self Regulation

Peanut Butter and Jelly

Purpose: Encourage eye hand coordination, motor timing and motor planning.
Practice self regulation skills.

Materials: Two different colored balls

Activity: Have the children sit on the floor in a large circle. Choose one ball to be the peanut butter and the other ball will be the jelly. The object of the game is to always throw the peanut butter ball and roll the jelly ball. On start, the child holding the peanut butter ball throws it to anyone in the circle and the child holding the jelly ball rolls it to anyone in the circle. Whoever receives the peanut butter ball must continue to throw it to someone else whereas the jelly ball must be rolled. If a player makes a mistake and rolls the peanut butter ball, throws the jelly ball or if both balls (peanut butter and jelly) are in front of one player at the same time, then that player is either out of the game or play starts over (which ever you prefer).

Make sure the children keep quiet and calm during the game since it does take some concentration.

Want to make it harder? Add another ball - maybe a "bread" ball. The children must pass the bread ball to the right only. Add a "fluff" ball and you can only pass that ball to the left. Change the skills assigned to the ball - switch peanut butter to roll and jelly to throw. It gets confusing quickly! Try standing up and playing to vary the motor skills - you will have to squat down to roll the ball. Add kicking the ball instead of throwing.

Want to make it easier? Start very slowly. Start out by only practicing throwing the peanut butter ball. Stop using that ball and practice rolling the jelly ball. Add both balls when ready but do not have any competition involved.



Purpose: Encourage following motor commands, motor memory and coordination skills.

Materials: index cards with color words written on them (or use letters, numbers, sight words, vocabulary words, etc.)

Activity: Give each child an index card with the color word on it and tape it to the child's shirt. The children should sit in a circle where they can each see all of the color cards.

The leader calls out a color and throws the ball to a person wearing that color card. The leader then calls out another color and that person throws the ball to a person wearing the correct color card. Repeat calling out all of the colors.

Now start a pattern – call out “red-yellow” and the ball should go to a red person followed by a yellow person. Now make it harder “red-yellow-purple-yellow-blue” and see if the children can remember all the colors you called passing the ball to the correct person.

Want to make it harder?: Change it up so that every time you call out one color they must roll the ball instead of throwing it. For example announce every time you say “red” they must roll the ball. Now add another action – every time you say “purple” they must kick the ball. The children have to remember the color and the action.

Want to make it easier? Only use two or three colors at a time during the game. If the children can not throw balls with accuracy you could roll the ball sitting on the floor in a small circle.



Social Red Rover Group Activity

Purpose: Promote motor skill development, cooperation and social skills.

Materials: none

Activity: Divide the group up into two teams. Place one team on one side of the room and one team on the other side of the room. Just like Red Rover the teams call friends over – i.e. “Red Rover, Red Rover send John right over”. John then walks, hops, jumps, crawls or runs over to the other team. Instead of trying to break through the other team’s line create an activity that John must perform. Try Hi-5’s to each player, shaking hands with each player or hugs to each player.

Continue playing allowing all the children to take turns switching teams. See if the children can think of other ways to greet each other. If you have equipment available, you could set up an obstacle course in between the teams for the children to negotiate as they change teams.

Change it up for a getting to know you activity. Ask questions such as “if you are the oldest child in your family come on over” or “if your favorite color is pink come on over”.

Looking for more group activities??? Check out our
Sensory Motor Group Activities A to Z or 25 Instant Sensory Motor Group Activities.



Purpose: Encourage listening skills, following motor commands, self regulation skills and left right directions.

Materials: small object i.e. toy car, small doll, etc.

Activity:

Before you start establish what the movement pattern will be. Try to write it down so the children can refer to it if necessary. For example a pattern could be the following:
clap one time to move forward

clap two times to turn to the right
clap three times to turn to the left
slap knee one time to move backwards

Pick one child to be "it". This child will have to listen to a pattern to determine where to go to find a missing object. The child needs to close his/her eyes while someone in the group hides the object away from the child who is "it".

Make sure all the children keep calm during the game since it does take some concentration.

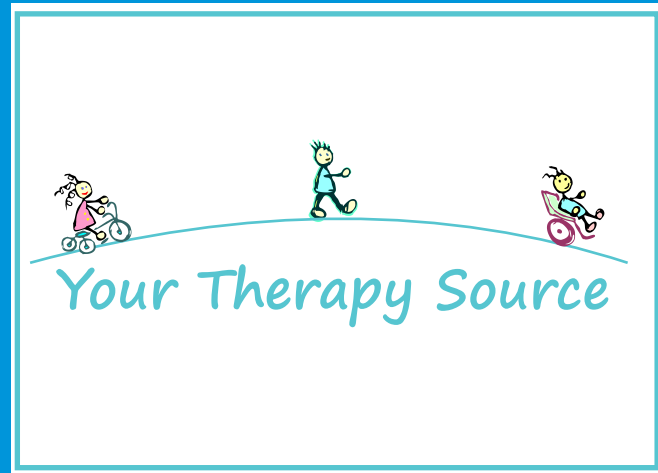
Once the object is hidden, the child who is "it" can open his/her eyes. Now the group must direct the child to the hidden object only using the established code. No talking allowed. You can have them take turns to clap out commands or agree to the code and then all clap together. Once the child finds the hidden object take turns letting the other children be "it". Try changing the code every few rounds.

Want to make it harder?: Play music in the background so the child has to filter out the background noise and concentrate only on the established code. Blindfold the child and they have to feel for the hidden object.

Want to make it easier? Limit the code to very simple directions – clap once to move forward and clap twice to move backwards. Use verbal directions for right and left.

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