

# Physical Activity/Active Play-Indoor & Outdoor

LO could be physical, social, emotional

## Hi! What's Your Name?



Equipment: None # of Players: All Age: All In/Outdoor Medium Space

- Players are in a circle facing outwards and 1 person is chosen to begin
- The player outside walks around the circle and chooses another person
- They then say to the person "Hi! What's your name?" to which the person replies "Hi! My name is \_\_\_\_." Repeat this 2 times
- Once this is completed they each run in the opposite direction around the circle and when they cross paths they shake hands and say "I want to be your friend \_\_\_\_\_"
- They continue on their way to try and be the first to reach the original spot
- The person missing the spot, chooses someone else and the game goes on until all have had a turn and been introduced

## Alive, Alert, Awake, Enthusiastic (also could be transition)



Equipment: None Age: 5+ # of Players: 6+ In/Outdoor Small Space

- Players are in a circle and explain the actions:  
Alive – hand on head  
Alert – hand on shoulders  
Awake – cross arms over chest  
Enthusiastic- slap hands on thighs 2 times  
Enthusiastic – clap 2 times
- Then chant the following (no need to sing)  
I'm alive, alert, awake, and enthusiastic  
I'm alive, alert, awake, and enthusiastic  
I'm awake, alert, and alive  
I'm alive, alert, awake, and enthusiastic!



## Cheers (could also be Drama or Transition)

- Players are in a circle (this is an old cheer that will help them put names and faces together)
- Give the following example using your own name. Take 1 step into the circle and call out your name and do an action
- Tell the group to say "Miss Carol" and then repeat the action
- Now the person on your left moves 1 step into the circle and calls out their name and does an action of their own
- The group says whatever the name was as well as doing the action and continue around the circle ensuring everyone has a turn



# Transition Games



## Strike a Pose

- When in a line, ask each person to choose 1 other person to secretly watch
- Everyone closes their eyes and strikes a pose
- On “go” everyone opens their eyes and begins to copy the person they chose to watch (in posture, pose, stance, etc.)
- Watch as the entire line morphs into 1 pose

## Backwards Names

**BACKWARDS**

- On cue cards have each child print their name backwards (do this ahead of time)
- During transitions pick a card and have children guess whose name it is
- This could also be done using common words

## Active Transition

- As children transition anywhere ask them to travel swimming, prancing like a horse, hopping like a bunny, moving like a turtle, walk in line like an elephant etc.

## Two Thumbs



- Have children hold 1 or 2 thumbs at eye level
- Then have them move their thumb up and down with their eyes tracking the movement
- Then name various numbers or letters and have them make 1 at a time with their thumbs as their eyes again trace the movement
- Or you could ask them to make large letters or numbers in the air with their index finger or print their name in the air

## Think Of Words

- Children take turns seeing how many “real” rhyming words they can think of
- When 1 word is worn out, choose another word
- Remind them only “nice” words are used
- Example: rhyme words with “time” – chime, climb, crime, dime, grime, I’m, lime, mime, prim, rhyme, thyme, slime, bedtime, daytime, enzyme, lifetime, mealtime, meantime, nighttime, pastime, ragtime, sometime, springtime, sublime, maritime, overtime, pantomime



## Quiet Games



### Sentence from a Name

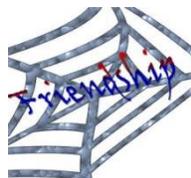
**Equipment: 1 small piece of paper and 1 pencil per player**

- Participants get into pairs, preferably with someone they don't know
- Each person writes their first name on a piece of paper and exchanges it with their partner
- Ask them to talk about themselves to their partner and then switch talking
- They make up a sentence using words starting with the letter of the other person's name
- For example: KEVIN: Koalas enjoy vegetables in November.
- To make it easier, they could just say words that start with those letters and not a sentence

### Describe Yourself

- Participants are in a circle
- Each person describes themselves by using the first letter of their name
- For example: my name is Steve and I like spaghetti, my favourite candy is skittles and my favourite animal is a snake

### Friendship Web



**Equipment: ball of yarn or string**

- Participants are seated in a circle
- Hold on to the loose end of yarn and toss the ball to a child and say their name "Hello Vanessa, welcome to our PLASP friendship circle"
- Vanessa would then hold on to the yarn with 1 hand while saying 2 things that describe herself
- She then tosses the yarn to another child while still holding on to the yarn
- This continues until everyone has had a chance to talk about themselves
- By the end, they have created a PLASP friendship web

### Tongue Twister "First Letter of Your Name Game"

- Write the following questions on a board or paper
  1. Write your first name
  2. What did she/he do?
  3. Where?
  4. When?
  5. Why?
  6. Because.....
- Now give players the following instructions:
  1. Get into teams of about 5 people
  2. On a piece of blank paper write your answer to question #1



- Pass the paper to the person on your right
3. Write an answer to the question #2 on the paper you just received. Your answer must begin with the first sound of the person's name (example: Bob – bought a bike)
  4. Pass the paper on again and write the answer to question 3 again using the beginning sound of the person's name
  5. Continue until all of the questions have been answered
- Pass the paper back to the person who started it and read the tongue twisters aloud
  - It might help to give the players some examples prior to beginning the exercise: Bob bought a bike in Bali on his birthday because he was bored

## Emoji Party



### Physical Activity/Construction/Block/Sensory/Art

(LO could include physical, social, emotional, visual arts, cognitive)

#### Pin the Face on the Emoji

- Create a giant Emoji with different features
- Using a blindfold invite the children to pin the features or glasses on the giant Emoji



#### Emoji Skittles

- Create Skittle play pieces by using plastic bottles, paper, markers etc.
- Assign points to each bottle. The bottles are worth 2, 7, 8 10 & 15 points.
- Stand the Emoji skittles in a group and take turns to roll the ball
- First player or team to get a total of 50 exactly wins!
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### Sensory/Art

(LO could include social, emotional, communication, cognitive)

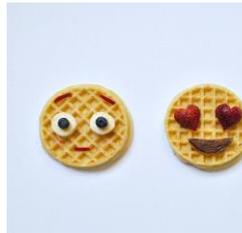
#### DIY Emoji Craft Ideas

- Using paper plates, cups, straws, paper, felt, paint etc. children can have fun creating!



## Breakfast Fun!

Provide the children with waffles or pancakes and some fruit to create edible Emoji faces!



## Science

(LO could include cognitive, social, emotional)



**Ingredients Needed:** 1 cup clear glue, 1 cup liquid starch & 1 tablespoon yellow washable paint

### Directions:

- In a bowl mix all the ingredients
- Let sit for 5 minutes
- Children can work the slime and make their own features to create Emoji faces

Other fun ideas:

### What is your Emoji Name?

(LO could include social, emotional, sensory/art, language/literature)

- Using the legend, invite the children to design their Emoji name!
- Turn it into a game by having the children guess whose name belongs to who

## YOUR EMOJI-NAME



## How Are You Feeling Today?

(LO could include social, emotional, communication, art)

- Children can express (draw) how they're feeling by using the Emoji feelings chart

## Construction/Block/Sensory/Art

### DIY Tabletop Games

(LO could include cognitive, social, language/communication etc.)

### Spinning Tops

Invite the children to create spinning tops using Lego and K'nex.

Encourage them to come up with different challenges. Have fun!!!



### Lego Tic Tac Toe



### Board Games



Using box lids or large trays invite the children to create hockey/soccer games. Open ended materials such as popsicle sticks, pompoms, pipe cleaners, fruit baskets etc. can be used as game pieces.



## Science

(LO could include cognitive, problem solving, inquiry)

Exploring the spectrum of different light sources

### Spectroscope

**Materials Needed: Paper towel roll, blank or old CD, small piece of cardboard, tape and paint**

**Directions:**

- Paint the paper towel roll if desired
- Cut a slit is at a 45 degree angle toward the bottom of the tube
- Directly across from the slit, make a viewing hole
- Trace one end of the paper towel roll onto a cardboard. Cut it out, make a slit and tape to the top of the roll.
- Insert the CD shiny side up



Take the spectroscope outside. Have the children look through the peephole. What's happening? What do they see?

A CD is a mirrored surface with spiral tracks or pits. These tracks are evenly spaced and diffract light (separating the colors). The light is reflected to your eye.

### Rainbow Reflections

**Materials Needed: Flashlight, CD (same as the one used to make the spectroscope) and a blank white paper**

**Directions:**

- Tape paper on the wall of a somewhat dark room (close blinds, lights off) and place CD on floor
- Aim flashlight at CD so that it makes the rainbow reflect on the paper. (see picture)



What colours do you see? What different patterns can you make by moving the flashlight around? How do you think the colours are getting onto the paper? Experiment with changing the distance from the CD to the paper. What happens? Why?

What's going on?

White light is made up of 7 colours (red, orange, yellow, green, blue, indigo, violet). The CD separates the white light into the 7 colours that are then reflected on the wall.