

Hello Teddy



Why are we playing this game?

- It helps us to help lift our energy
- Gets us excited when we are feeling a bit low
- Supports us to develop our communication skills
- Tests our memory skills
- Helps us work as a team

Resources you need:

- Soft teddies
- Name stickers
- Pens

How to play the game:

You will need 2 or 3 soft toys, these can be any size or shape but need to be heavy enough to throw across the circle safely.

The game can include as many people as you would like, however it works best with at least 5 people and no more than 15 as it may become a little confusing.

You will need one person to lead the game. This person will start the game by throwing the first toy and will finish the game by catching the last one.

You can repeat this game as many times as you would like.

Activity Instructions

Stand in a circle.

The leader throws a teddy to someone, says '**good morning**' and their name.

That person throws the teddy to **someone else**, says 'good morning' and their name. This continues until everyone has had the teddy and it goes back to the leader.

At the start of the game, the leader needs to remind the group who the teddy is to.

Imaginary object good morning



cope).

Aim is to get all the teddies back to the leader, without dropping it and in the same loop order.

Why are we playing this game?

- It helps us think creatively
- Encourages us to have some fun as a group
- We learn to plan and think ahead
- Tests our memory skills
- Helps us work as a team

Resources you need:

- Name stickers
- Pens

How to play the game:

You will need one person to lead the game. This person will start the game by throwing an imaginary item to a person in the group and will finish the game by catching the last imaginary item.

The game can include as many people as you would like, however it works best with at least 5 people and no more than 15.

You can reverse the game and throw back imaginary objects if you would like to make it tricky.

You can repeat this game as many times as you would like.

Activity Instructions

Stand in a circle. The leader throws an imaginary object (e.g. a wet fish) to someone, says '**good morning**' and their name. That person has to catch it as though it were real and act it out.

Then they choose a new imaginary object and throw it to someone else in the circle, saying 'good morning' and their name. This is repeated until everyone has had a go and it comes back to the leader.

The leader then reverses the direction, throwing back the imaginary object that they have just received to the person who threw it, who throws back to their original person.

H to the ello



hello



ER

Why are we playing this game?

- It helps encourage everyone to get involved

Resources you need:

- Name stickers
- Pens

- It's a fun way of greeting people within the circle
- We are using our phonics to spell out names
- We get to test our motor control abilities
- We will get better at controlling our turn taking skills.

How to play the game:

You will need one person to start the game and it can include as many people as you would like.

It is important to make sure everyone taking part feels comfortable shaking hands with the person next to them. You can still take part if you don't feel comfortable shaking hands by just saying the words.

Activity Instructions

Stand in a circle. The leader shakes hands with the person to their left and says 'H to the ello' followed by the first letter of their name (e.g. 'C'), 'to the' and the rest of their name (e.g. 'atherine' – so 'C to the atherine').

That person then repeats the process with the person to their left and so on around the circle.

Pass a handshake



Why are we playing this game?

- It encourages us to be creative and have fun
- Helps us work as a team
- Tests our memory skills
- It encourages us to think ahead and plan

Resources you need:

- Name stickers
- Pens

How to play the game:

You will need one person to start the game; they will then be the last person to act out all the movements. The game can include as many people as you would like.

Every added action must be different to the one before and should be something the group can easily copy (e.g. a high five)

It is important to check that everyone taking part feels comfortable with demonstrating / acting out movements as part of the game. You can still take part if you don't feel comfortable touching hands by just acting out the movement.

Activity Instructions

Stand in a circle. The leader shakes hands with the person to their left. That person then does the same handshake with the person to their left, but also adds another handshake (e.g. a high five).

Carry on around the circle, with each person adding a new handshake until it gets back to the leader.

Hobby demo



ER

Why are we playing this game?

- It helps us to get to know each other
- Encourages us to have some fun
- It challenges us to think on the spot
- We can use our imagination

Resources you need:

- Name stickers
- Pens

- We get to move around

How to play the game:

You will need one person to start the game, the game can include as many people as you would like.

It is important to check that everyone taking part feels comfortable with demonstrating / acting out movements as part of the game.

Activity Instructions

Stand in a circle. Go round the circle with each person saying their name, other info (e.g. age, class) and their favourite hobby.

The next person repeats the process, and then acts

out the hobby of the previous person. Repeat around the circle until it returns to the leader.

Every added hobby must be different to the one before but can be similar to one mentioned already. The hobby must be something that is easy to act out (e.g. swimming)

Rainstorm



Why are we playing this game?

- Teaches us how to manage our emotions by getting excited then calming down
- Helps us work as a team
- We use our cognitive skills by paying attention
- It challenges us to wait for our turn

How to play the game:

We want to make the sounds of a rainstorm using our bodies.

We need to stand or sit in a circle. We do not need to speak in this game.

The leader will perform action 1 from the list below. The person on your right will copy the leader's action. Then the person to their right will copy this action. This will make a wave around the circle.

Once the action reaches the leader, they will perform action 2 from the list below. The person on their right will then copy this new action and this action will go around the circle like a wave again. When action 2 reaches the leader the leader will perform action 3.

We all need to watch the person to our left and copy their movements. We need to be careful not to do what the leader does but to do what the person to our left does. Can we all point to the person that we are going to copy?

Activity Instructions

Action 1: Rub your hands together (to make the sound of the wind).

Action 2: Tap one finger on the palm of your hand (to make the sounds of the first raindrops).

Action 3: Tap all 4 fingers (to make the sound of lots of rain drops).

Action 4: Full out clapping (to make the sound of thunder).

Action 5: Slap on the floor, or your thighs (to make the sound of loud thunder).

Action 6: Full out clapping (to make the sound of thunder).

Action 7: Tap all 4 fingers (to make the sound of lots of rain drops).

Action 8: Tap one finger on the palm of your hand (to make the sounds of the first raindrops).

Action 9: Rub your hands together (to make the sound of the wind).

Action 10: Move your hands apart and become silent (to make the sounds of the storm becoming more quiet and peaceful).

Extreme thumb wars



Why are we playing this game?

- It challenges us to be competitive
- Encourages us to have fun
- We can practice our manual dexterity
- It tests our ability to concentrate on two tasks at the same time

Resources you need:

- Name stickers
- Pens
- Thumbs

How to play the game:

This game can include as many people as you would like; the more the better as it encourages competitiveness amongst the group.

The game can be played in a circle (thumb war against the person you are stood next too) or can be with someone across the circle (opposite you).

It is important to check that everyone feels comfortable touching hands with others in the group as part of the game.

The rules are that on the count of three, the winner is the first person to trap any person's thumb.

Activity Instructions

Join hands together in the middle in a group.

The principle of thumb-wrestling is simple. Two players take each other's right hand and entangle their fingers - except the thumbs - forming a fist. The players then try to catch and freeze the opponent's thumb.

By forming a star, it is also possible to play the game with three or four participants. The left hands are also free to hook up with even more players.

Normal thumb wrestling - 2 players put the fingers of their right hands together, and then form a fist keeping the thumbs up. The player who first manages to tie down the other's thumb and hold it tight wins.

Try in fours or sixes – using one hand – to create a knot.

Pizza making



Why are we playing this game?

- Helps us manage our emotions by calming down
- Creates a relaxing environment
- Encourages us to use our listening skills
- Tests out our ability to inhibit impulsive behavior

Resources you need:

- Name stickers
- Pens
- Backs

How to play the game:

You will need one person to lead the game and call out the instructions from the actions list below. The game can include as many people as you would like.

The game is best played standing in a circle; however you can also do this sitting in a circle or in a line.

It is important to check that everyone feels comfortable having their back touched by others in the group as part of the game.

Activity Instructions

Stand in a tight circle and everyone turns 90 degrees to their left. The leader calls out instructions for making a pizza and for each one, the person has to draw it out on the next person's back.

Example instructions:

Action 1: Knead the dough

Action 2: Spread the sauce

Action 3: Sprinkle cheese

Action 4: Add different toppings

Action 5: Put into oven

Action 6: Cut into slices

Action 7: Place onto a plate

Weather report



Why are we playing this game?

- Helps us manage our emotions by calming down
- Creates a relaxing environment
- Encourages us to use our listening skills
- Tests out our ability to inhibit impulsive behavior

Resources you need:

- Name stickers
- Pens

How to play the game:

You will need one person to lead the game and call out the instructions from the actions list below. The game can include as many people as you would like.

The game is best played standing in a circle; however you can also do this sitting in a circle or in a line.

It is important to check that everyone feels comfortable having their back touched by others in the group as part of the game.

Activity Instructions

Stand in a tight circle and everyone turns 90 degrees to their left. The leader describes a weather report and for each item, each person has to draw it out on the next person's back.

Example weather report:

Action 1: Sunny

Action 2: Cloudy

Action 3: Rainy

Action 4: Thunderstorm

Action 5: Lightning

Action 6: Windy

Action 7: Snowy

Action 8: Hail

Action 9: Rainy again

Action 10: Back to sunny



Pass the squeeze

- Creates a relaxing environment
- Supports us to tune into our sense of touch
- Challenges us to focus our attention onto a particular activity

Resources you need:

- Name stickers
- Pens

How to play the game:

You will need one person to lead the game and send round the squeezes. This game can be played in various ways and as many times as you would like.

The game can include as many people as you would like, it is best played standing in a circle, but you can do this sitting down also.

It is important to check that everyone feels comfortable holding hands with others in the group as part of the game.

Activity Instructions

Hold hands in a circle. The leader squeezes the hand of the person to their left, who then squeezes the hand of the person to their left. The squeeze is then passed around the circle back to the leader.

Alternative ways of playing the game:

- Pass a rhythm of squeezes around
- Pass the squeeze around both directions, with the person who gets them both at the same time saying 'bing bong'.

Whisper game



Why are we playing this game?

- Helps us manage our emotions by calming down
- Creates a relaxing environment
- Supports us to tune into our sense of hearing

Resources you need:

- Name stickers
- Pens

- Challenges us to focus our attention onto a particular activity

How to play the game:

You will need one person to lead the game, they will send the first word around the group and reveal the phrase that comes back. This game can go around as many times as you would like.

The game can include as many people as you would like and is best played standing in a circle, but you can do this sitting down also.

Activity Instructions

Stand in a circle. The leader whispers a phrase in the ear of the person to their left, who then repeats the phrase to the person to their left.

This continues around the circle until it gets back to the leader, who reveals the original and final phrases (and if they are similar!).

Lycra games

Why are we playing this game?

- It helps us to help lift our energy
- Supports us develop our communicate skills
- Helps us learn how to work together as a team
- Encourages us to have fun together

Resources you need:

- Name stickers
- Pens
- Large piece of lycra
- Small ball
- Cotton balls

How to play the game:

The aim of the game is to work together to as a team. This game can be played in various ways and as many times as you would like.

The game can include as many people as you would like (everyone must be able to hold the piece of the lycra) and is best played standing in a circle.

Activity Instructions

Stand in a circle holding a large piece of lycra.

Ball game:

Action 1: Balance ball in middle

Action 2: Pass ball to a named person

Action 3: Pass the ball around the edge of the lycra

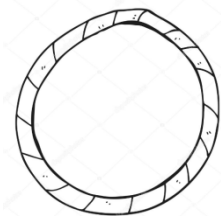
Action 4: Bounce ball ten times

Action 5: Hit the ceiling and catch the ball.

Popcorn game:

Put pieces of cotton wool in the middle and shake lycra until all have 'popped' and jumped off the lycra. Keeping one hand on lycra, everyone to pick up the cotton wool from the floor.

Pass hoop



Why are we playing this game?

- It helps lift our energy
- Uses communication skills
- Helps us work as a team

Resources you need:

- Name stickers
- Pens
- 2 x Hula Hoops

- Encourages us to have some fun as a group

How to play the game:



You will need someone to start the game; they will pass the first hula hoop and will be the last person to go through it.

The game can include as many people as you would like and is best played stood up in a circle.

You can make the game competitive by passing around two hula hoops, with the aim of getting the hula hoop back to the leader the fastest.

Activity Instructions

Hold hands in a circle. The leader starts with a hula hoop over their shoulder and the aim is to pass the hoop around the circle without letting go of hands.

Repeat with 2 hula hoops in opposite directions.

Zoom erk

Why are we playing this game?

- It helps lift our energy
- Encourages us to have some fun as a group
- Encourages concentration

- Supports children to work within the structure of rules
- It allows everybody to participate
- Uses communication skills
- Can also be used as a way of learning and remembering (you use the third option of the game).



How to play the game:

Explain that this game is supposed to be like a speeding car going round the circle. When the car is moving it is going 'zoom', when it screeches to a halt in order to turn round it is making the sound of brakes being applied - 'eek'.

Describe how to play the game to the group, then let them have a practice round.

When everybody seems to understand the game, get started!

Sometimes group members get playful and one person gets stuck in between people saying 'eek' – you can gently suggest that the zoom could be allowed to be passed round to another part of the group.

The group leader can close the game when the 'zoom' passes back to them and they feel the group has had enough.

Activity Instructions

Stand in a circle. The leader turns to the person to their left with a 'running' action with their arms and say 'zoom'. That person repeats the process to the person to their left and so on until it goes around the circle back to the leader.

Another option is introduced where someone can raise their hands to the person who has passed to them in a claw like motion and say 'erk', which then reverses the direction back to that person.

A third option can then be introduced, where you can pass to someone else in the circle with a throwing action and saying their name.

Feather blow

Why are we playing this game?

- The game presents a small and achievable challenge to the group members.

Resources you need:

- One or two feathers (or more if you plan to do it in pairs)

- To give the children a sense of individual achievement from completing a task successfully
- To give the children a sense of group achievement and so bonding

How to play the game:

Explain the aim of the game before you start and then get going! If the feather drops to the floor, just pick it up and keep going, then try again once it returns to the leader.

The game can be played as many times as you like and it is good to try and ensure the group is successful in getting the feather all the way round the circle.

The game can be played with as many people as you have, although the more people you have playing, the harder it will be to achieve success. The game can also be played in pairs, where the pair are trying to blow it between themselves as many times as possible.

Activity Instructions

Stand in a circle. The leader blows a feather from the outstretched palm of their hand to the palm of the person to their left.

The feather is then blown around the circle in the same way, aiming to not touch the floor.

Can then pass one feather around in both directions at once.

Finger grab



Why are we playing this game?

- It helps to lift our energy
- Encourages us to have some fun as a group
- Introduces an element of appropriate touch which can aid emotional regulation.

How to play the game:

Explain the rules of the game and then make sure everybody understands. It can be useful to do a trial run and then get going!

You can play this game more than once, as long as the group are still enjoying it.

The game can be played with different numbers of people, with a minimum of 3 or 4. There is no maximum number although you all need to be able to stand in a circle.

It is important to check that everybody in the group is comfortable with touching fingers and hands.

Activity Instructions

Stand in a circle. Everyone holds out their right index finger pointing down onto the outstretched palm of the person to their right.

When the leader says go, the aim is to capture the finger of the person to your left whilst not getting your finger caught by the person to your right.

Finger count



Why are we playing this game?

- Uses problem-solving skills
- Helps us work as a team
- Supports us to develop our communication skills

How to play the game:

The group leader explains the game, makes sure everybody understands, do a trial run and then get going!

It is important to ensure that everybody participating is confident in this level of arithmetic, so that they feel able to take part.

Activity Instructions

Stand or sit in a circle of 3-5 people. At the count of 3 everyone holds out 0-5 fingers on their right hand.

The aim is for the group to add up to 11 fingers in total. Keep trying until reaching 11. No talking in between goes is allowed!

Count to 10



Why are we playing this game?

- Uses problem-solving skills
- Helps us work as a team
- Supports us to develop our communication skills

How to play the game:

The group leader explains the game, checks that everybody understands and then get going! Sometimes people don't know how this game is going to work until they start taking part, so it is often best just to get started.

You can play this game with 3 people or more – you don't need 10 people, as each person can say more than one number.

Activity Instructions

Stand or sit in a circle. With eyes closed, the task of the group is to count up to 10, but if two people talk at the same time or a number is repeated, the group has to start again from 1. Keep going until the group reaches 10.

Handstack



Why are we playing this game?

- It helps to lift our energy
- Encourages us to have some fun as a group
- Helps us work as a team
- Turn-taking is an important tool in emotional regulation.
- Introduces an element of appropriate touch which can aid emotional regulation.

How to play the game:

Explain the rules of the game, then do a quick demonstration with another member of the group.

The group doing the game needs to be of a size where everybody can comfortably get their hands into the centre, so if you have a large group split it up into smaller groups.

It is important to check that everybody in the group is comfortable touching hands.

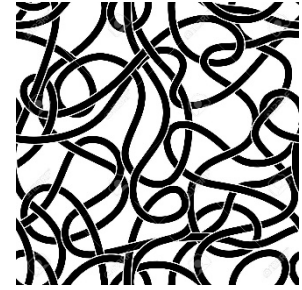
Activity Instructions

Stand or sit in a small circle. The first person puts their right hand face down in the middle, then the person to their left puts their hand on top and so on around the circle.

Continue making a handstack upwards, also using left hand and then replacing hands from the bottom of the stack in order. When the group have reached a certain height, reverse the process to get the handstack to the floor.

Can then repeat either as quickly or as slowly as possible.

Hand tangle



Why are we playing this game?

- It helps to lift our energy
- Encourages us to have some fun as a group
- Uses problem-solving skills
- Supports us to develop our communication skills
- Introduces an element of appropriate touch which can aid emotional regulation.

How to play the game:

It is useful for the group facilitator to stand outside of the group and help explain what needs to happen (difficult to do if you are tangled up!).

The group members may need to turn round, step over arms or go under arms. The facilitator can make suggestions to the group as to ideas, but also help them think about what has worked so far and what might work next. If the group manages to untangle, it may be with some people turned round the wrong way – that's fine!

At the end of the activity have a quick talk through how the group found the activity, asking them to identify what helped solve the problem in the end ... communication is key!

It is important to check that everybody in the group is comfortable touching hands.

Activity Instructions

Stand in small circle of an even number of people. Each person reaches out with their right hand and grabs the right hand of the person opposite.

Then everyone repeats with their left hand, with a different person. Task of the group is then to untangle without letting go of any hands.

Drawing pass round

Why are we playing this game?

- Introduces an element of appropriate touch which can aid emotional regulation.
- It is challenging and engaging.

How to play the game:

Explain how to play the game to the children then get going!

You need a minimum of 4 or 5 people in the group for this activity to work well, and there is no maximum number.

It is important to check that everybody in the group is comfortable being touched on the back by another person.

Activity Instructions

Stand in a tight circle and everyone turns 90 degrees to their left. The leader draws out a picture on the back of the person in front of them, who then passes on the same drawing to the back of the person in front of them.

The drawing is passed around the circle to the leader who reveals the original and final drawings (and if they are similar!).

Pass the cream



Why are we playing this game?

- Introduces an element of appropriate touch which can aid emotional regulation.
- It is challenging and engaging.

How to play the game:

The game can include as many participants as you have.

It can be played stood up, or sat down, as long as everybody can reach each other.

It is important that everybody in the group is comfortable having their hands touched.

It is also important to check whether anybody has an allergy or skin condition that would react to using hand cream.

Resources you need:

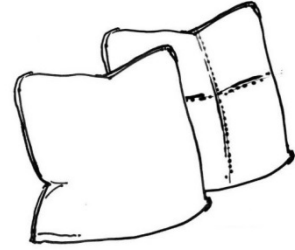
- Hand cream (scent-free)

Activity Instructions

Stand in a circle. The leader puts some hand cream on their finger and passes it to the finger of the person to their left.

The cream is then passed around the circle, aiming to get as much back to the leader as possible.

Cushion race



Why are we playing this game?

- It helps to lift our energy
- Uses problem-solving skills

How to play the game:

Explain how to play the game and then do a trial run – sometimes groups find it hard to understand the instructions until they have seen it demonstrated.

Resources you need:

- 2 cushions

Activity Instructions

Stand in a circle of an even number of people. The leader numbers everyone 1 or 2 alternately, clockwise. The first number 1 and first number 2 people are given a cushion.

When the leader says go, the 2's have to pass the cushion round the circle. One second later, the leader will say go and the 1's have to do the same and catch the 2's before it has gone around the circle 3 times.

Then reverse so that the 1's are chasing the 2's in the opposite direction.

Fish and chips



Why are we playing this game?

- This is a mirroring activity; a useful means of increasing children's engagement with each other and their environment.

How to play the game:

Describe the game to the group and then if another member of the group is willing to volunteer, demonstrate the activity to the whole group before they take part.

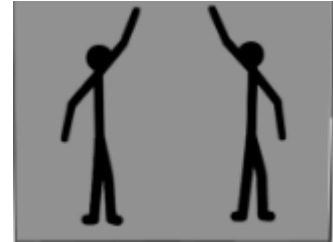
There is no limit to how many pairs can take part in this, although be mindful of the noise levels in the room – if too many pairs are taking part it might be difficult to hear each other!

Activity Instructions

In pairs, one person says 'fish' and the other person has to say 'chips' in exactly the same way.

Repeat, varying pitch, tone, volume, length, deepness etc.

Mirroring



Why are we playing this game?

- This is a mirroring activity; a useful means of increasing children's engagement with each other and their environment.
- It helps to lift our energy

How to play the game:

Describe the game to the group and then if any participants seem willing, ask for a volunteer to demonstrate the activity, before the rest of the group start.

Activity Instructions

In pairs, one person leads by moving different parts of their body. The other person has to 'mirror' what they are doing exactly.

The leader can do it slowly, use facial expressions, body movements and other actions.

Back up



Why are we playing this game?

- Uses problem-solving skills
- Supports us to develop our communication skills
- Introduces an element of appropriate touch which can aid emotional regulation.

How to play the game:

Describe how to carry out the activity to the group and if you have another adult in the room, show them the starting position.

The task is carried out in pairs, and the number of pairs who can take part will be determined by how much floor space you have – there needs to be a bit of room around each pair.

It is important to check that everybody in the group is comfortable with physical touch.

Activity Instructions

In pairs of similar heights, sit back-to-back with feet flat on the floor and legs bent. Link arms with hands facing forwards.

Task is for both people to stand up together without hands coming to the floor or arms unlinking.

