

Eye contact / paying attention / listening

Bean bag drop

Work in pairs around the circle – one pair at a time. Balance bean bag / toy on head. Child sticks tongue out then drops bean bag, so partner has to be watching ready to catch it. If unsuccessful, try again.

Bean bag throwing

Call name of someone in circle and throw bean bag to them. Progress to making eye contact but without speaking before throwing – make sure you have eye contact before throwing. Add in more bean bags to increase the challenge.

Eye contact swap

Start with clapping rhythm, saying hello to someone and switching places with each other.

Catch someone's eye and switch places with them / high five / fist pump them.

Wink Statues

Detective leaves the room. Wizard is chosen, detective returns and stands in the middle of the circle. Wizard winks at people (when detective's back is turned) and they freeze until end of game. Detective tries to identify wizard.

Clap and touch

All copy the leader's actions immediately. Leader gives two claps then points to a part of the body with both hands, eg clap clap touch head, clap clap touch knees, clap clap touch shoulders.

Variation – use a different number of claps for each body part, eg 1 clap = knees, 2 claps = head, 3 claps = shoulders.) Then stop demonstrating and just clap to see if the children can remember where to point.

Remembering walk

Go outside for a walk and remember five things you see. Talk about them when back in room - did we all notice same things? Why did you notice / choose to remember those things?

Mindful listening

Describe the sounds you hear but don't identify them, e.g. high / low, hum / buzz / bang / tap, quiet / loud, rhythm, in front / behind, near / far, outside / inside.

Find something kind challenge

If there's someone you try to avoid / don't like to be around, try to spot them showing kindness / thoughtfulness / generosity and let them know that you have noticed.

Kim's Game

Tray of items to memorise then cover. Work as individuals to record items you remember, then join as a team to see if we can get them all.