

Active games

Twister

Mirror Mirror

In pairs, take turns mirroring each other's movements.

Balloon tower

Balancing your partner 1

Sit back to back with legs outstretched and link arms at the elbow, then try to stand up together.

Balancing your partner 2

Sit facing with legs outstretched, feet touching, and holding hands, and try to pull each other up to a standing position.

Touch down

In groups of 2/3/4, pick a number out of a bag, then your group must touch the floor with that total number of body parts.

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.

Capture the Treasure

Place a set of keys in a circle of scrunched up newspaper – at least 1m wide all around, and children sit in a circle around this. One child sits blindfolded by the keys, and has to try to catch the treasure hunters. Choose one treasure hunter at a time to try to get to the keys and back to their place without being heard.

We're Going on a Bear Hunt

Read the story while moving around the room / school and acting it out. Talk about how each obstacle makes us feel, and how we feel when we reach the end of our journey.

Crawl forward

Children are labelled A or B and get on hands and knees, ready to crawl. When each letter is called, those children move just one limb forward. The aim is to cross to the opposite side of the circle, manoeuvring around each other in the centre of the circle.

Human basketball

One child in a pair makes arms into a net and partner throws paper balls in.

(Can also be human bin, and children write negative feelings etc on paper before throwing it in.)

Simon Says