

Leicester  
City Council

SEMH Team

## INDOOR OLYMPICS 😊 KEEPING MONSTERS AT BAY

### Ballooning around

Sit or stand in a circle; opposite (if two of you), triangle if 3. Pass a balloon, ball or small cuddly toy to each other (you can roll it for younger children whilst sat on the floor). Try and get a back-and-to rhythm. See how many you can add in before it's TOO CHAOTIC!!!

### Spelling Game:

In pairs, stand facing the same way, one behind the other so that one is facing the other's back. The one facing the back gets to write a spelling on their back, one letter at a time. Once done, the other child can guess what they spelt!

**These games are designed to be FUN and will help to ease the hours of lock down and time away from school.**

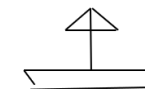
**Each can be played for a few minutes and should be easy to resource from everyday items.**

### Same, same different:

With a timer. Give 60 seconds to think of things you love e.g. hobbies, foods, places, times, people. Then stop. Give another 2 minutes to write down as many of these on separate pieces of paper. Then stop. Work together to build two piles of things that are the same and things that are different. Discuss similarities.

### Barrier game

Have a picture of an object or set of shapes. Do NOT allow the drawer to see it! Try and describe the image to the person drawing... RULE: You are NOT allowed to say what the image is e.g. draw a boat... you must say, 'draw a line with'...once finished check work & swap goes. (You could do 3D version of the game with Lego!)



### RESOURCES

**These games will require; Paper, pencils, coins (or counters), cotton wool, straws, bubbles, balloons, balls, cuddly toy and Lego blocks.**

### FLICK FLICK FLICK:

With counters or coins and a table / flat surface... **take 3 flicks!** Try to flick the coin to the edge of the table without it dropping of. Closest person wins! *If you prefer... try work in pairs / teams and see if you can beat your last 3 flicks*

### Blowing Bubbles

Blow bubbles. Choose a body part to pop 5. Take it in turns to blow bubbles and decide which part of the body to pop bubbles with.

### Mirror Games:

Sit opposite one another and take turn to lead and copy. Pull different faces, alter your arms etc... The other must copy. Try to get the other person to laugh!! Person copying... try to do it WITHOUT laughing!!! 😊

### Ballooning around 2

Tap a balloon to each other, they take it in turns to decide which part of the body to use. **You can use balls, crunched up paper or small cuddly toys instead!**

### **Time Bomb:**

Pass a \*ball in a circle as a clock counts down. Must use eye contact & name before passing. If you're the last with the ball you're out (Can work up to this, so first few goes, you get to choose who starts.)

Need: Count Down on Phone or a Song Playing... when it stops... BOOOM!!!!

### **Fast fingers:**

Can play in pairs or more. Face one another with your hands behind your backs. The Teacher will count to 3. After 3, children will have to show their hands, with some fingers stood up. The pairs can either:

- Add up the other person's fingers,
- Add up the total number of fingers,
- Multiply one person's fingers vs the other

### **END ZONE.**

With coins and a table.

Divide table into 3 zones; 10 points, 20 points and 50.

Flick 3 coins and see who can get the highest score.

### **Memory game:**

First person introduces themselves and lists something they like, 2<sup>nd</sup> person remembers and adds their own... third does the same... go round in a circle.

E.G.

1<sup>st</sup> Person: Hello ???; my name is \*\*\*\*\* & I like: football

2<sup>nd</sup> Person: Hello \*\*\*\*\* , my name is 'the child' & we like; football & ice-cream

1<sup>st</sup>/3<sup>rd</sup> person: hello ???, my name is \*\*\*\*\* & we like football, ice-cream and films

**LEGO BLOCKS**... Break Lego blocks up and put in a bag... decide how much each colour of block is worth. Take turns to your close eyes and pick out 3 blocks (can be more depending on age). Add up your score...

### **Alphabet Challenge**

Sit as a group.

Choose a topic, e.g. countries, foods, places, people, football teams, characters...

In turns go through each letter of the alphabet; A, B, C...

For each letter, everyone says an answer before moving on...

### **PASS**

In pairs, threes or more... pass a balloon, ball, cuddly to each other... each time they must say something they like in a category:

e.g. Foods, films, toys, games, places...

### **MISHAPES**

Choose a shape:

- Circle
- Square
- Oblong
- Triangle

How many different objects can you draw it as in 5 minutes? E.g. Circle = football, moon, sun, face, CD, pizza...

### **Fish 'n' Chips**

Say 'fish & chips' in a funny voice, the child has to copy in the same way. You can alter the intonation, pitch & speed of your voice. You can also change the words.

AIM: Get people to laugh!

### **TIDING GAMES:**

- Hide 'n' Seek
- Treasure hunt (children can make one each with clue to find something!)

### **PLAY D'OH ZOO / FARM**

(Can make own with internet recipes)... Can you make animals for a zoo?



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