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| Alerting Zone | Organising Zone | Calm Zone |
| Jumping on a carpet tile | Use carpet tiles as stepping stones | Lay on tile and focus on breathing |
| Hula hooping or jump inside | Pass hoop around circle | Sit in the hoop and breathe |
| Star jumps/burpees | Throw a bean bag in a hoop | Balance the bean bag on your head |
| Hopscotch/ hop on the spot | Follow a line on playground | Touch your……. (nose,ears,eyes) |
| Running on the spot | Copy me game | Breathing exercises |
| Just dance/Go Noodle | Following Instructions (listen/draw) | Meditation |
| Skipping with a rope | Walk on the rope in a line | Curl the rope around arm to tie |
| Jogging/laps of the yard | March and count | Sitting on a line a breathing |
| Popping bubbles | Simon Says….. | Finger creeps across the table |
| Bop the Balloon | Make an imaginary…. | Imagining a journey |
| High knees/side steps | Tie laces | Wiggle parts of the body |
| Step ups | Follow the leader | Sleeping Lions |
| Relays | Pat head and rub tummy | Watching bubbles landing |