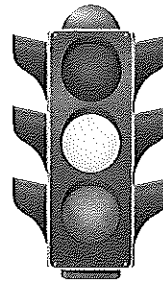


Whole-Body Games

Simple childhood games can be used to help children release physical energy and regain focus.

Red Light, Green Light

Have the child move from one side of the room to the other or down the hallway. *Green light* means go; *red light* means stop.



Statue

Tell the child to make a pose like a statue. Use a timer to see how long they can hold the pose.

Shake It Out!

Play a song for the child to dance to and stop it intermittently. When the music stops, the child should stop dancing.

