

BALLOONS



Goals: Children will practice breathing exercises in order to cool down after more intense physical activity.

Fundamental Movement Skills: Stability—stretching

Materials:

- Carpet squares, floor spots, or hula hoops (could use chalk if playing outdoors)
- Slow music

Set Up:

Continue using same set-up as previous activity, or use set-up described on page 62.

How to Play:

- Children will pretend to be balloons that are inflating and deflating by breathing in and out slowly.
 - *“For our last game today, we are going to pretend to be balloons.”* (ask children to stand.)
 - *“When the music starts, watch and copy me.”*
- Play slow music, if available. Demonstrate breathing in deeply with arms forming a circle over your head. Breathe out slowly and move arms down.
- Lead children in breathing in (arms up) and out (arms down by side), moving slower and slower every time. Repeat a few times, always ended with children sitting.



Cool Down

Whether you are doing a long period of active play or a short burst, always try to finish with a quick cool down activity to lower children’s heart rate and transition to the next activity. Other examples of cool down activities include stretching and yoga.

