



Game Suggestions



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If the energy of the active play zone is getting too big, consider a short group game to bring the attention back. These can calm and connect the children to one another. The goal of recess is both movement, socialization and self-regulation!

Hide and Seek: Instead of physically hiding, consider choosing an object to represent themselves and hide that instead. (Establish basic rules as to where they are allowed to hide things.)

Sitting Volleyball: Have all children sit cross legged (or in a way that is comfortable for them), with a net (or makeshift net lowered or chalk line). Use a beach ball for safe and easy play.

Bubbles: Bubbles must be the international language of outdoor fun! If your child can't blow them by themselves, have the kids take turns playing "pop the bubble" games to include everyone. Show them how to wave the wand to make bubbles.

Playground Obstacle Course: Start a line and have students follow you around the playground. You can touch parts of the playground and say the name of that part. ("Slide, bench, tree, tricycle!") For students that may need a little more support and direction, you can pair them up with a buddy who can help them.

Playing with Bean Bags: One child can slide them down the slide to a friend. You can toss them onto playground equipment and then have students climb up to retrieve them. You can choose one buddy to throw and one buddy to catch. You can pair students to have one hide the bean bag and the other seek.

Dance Party: Begin by playing music and having the class move their arms, legs, torsos, or heads in time to music.

This game can be adapted to fit different age and ability levels by:

Use a variation of music that will suit the needs of your group. Fast for students that need to express big and fast movements. Slower, classical music can be fun (you can try classical modern music like xylophone top hits).

Use both sound and visual cues for students who are visually impaired.

