

Bumble Bee Breaths

Place your hands over your face, with your fingers over your eyes and thumbs over your ears. Close your lips, with your teeth slightly apart. Breathe in deeply through your nose, counting to five. Breathe out through your mouth for five counts, while humming quietly like a bee. Repeat.

twinkl.com

Copy That Rhythm

The teacher claps or taps a rhythm that the pupils copy. The teacher could increase the difficulty each time, e.g. by increasing the number of beats.

twinkl.com

Finger Taps

Slowly, bring your index finger down to meet your thumb and press them together. Repeat with your middle finger, then your ring finger, then your little finger. Repeat the sequence again in reverse. Repeat for the other hand. Then repeat the sequence with both hands at the same time.

twinkl.com

High Fives, Low Fives

Pupils move silently around the classroom and high five the first person they meet. They low five the second person. They continue alternating high fives with low fives until they have 'met' ten people, then they return to their seats.

twinkl.com

Balloon Breaths

Sit on the floor, with your legs crossed. Place your hands on top of your tummy. Breathe in slowly, counting to five and imagine your tummy is a balloon, as you feel it expand. Breathe out slowly, counting to five and feel your 'balloon' deflate. Repeat ten times.

twinkl.com

Curl, Uncurl

Stand up tall and stretch your hands in the air, as high as they can go. Breathe in and count to ten. Exhale slowly, counting to ten and as you do so, bring your hands down to your sides and slowly curl your body forward so that you are bent double, with your hands hanging by your sides. Stay in this position for a count of five and then breathe in and uncurl yourself slowly, so that you return to your starting position. Repeat as many times as you wish.

twinkl.com

Child Pose

Kneel on the floor, and lean forward so that your head touches the ground. Place your hands behind you, so that they are lying flat, with palms facing upwards (child pose). Allow yourself to relax for two minutes. Return to your kneeling position slowly.

twinkl.com

Starfish Breaths

Spread the fingers out on one hand, like a starfish. Use the index finger of your other hand, to trace the outline of your fingers, from your small finger, to your thumb. Each time you trace up a finger, breathe in. Each time you trace down a finger, breathe out. Switch hands and repeat.

twinkl.com

Agree, Disagree, Unsure

Designate one area of the classroom as 'agree,' one area as 'disagree' and one area as 'unsure.' The teacher makes a statement, e.g. 'spiders are scary,' and pupils must move to the corresponding area of the classroom to show if they agree, disagree or are unsure with the statement given.

twinkl.com

Simon Says

Play 'Simon Says.' Pupils must do what Simon Says. Try to trick them by not saying 'Simon Says' before some of the instructions. Choose pupils to take it in turns to give the instructions.

twinkl.com

Hop and Bow

Pupils hop on one leg to find a partner. When they find one, they bow, while standing on one leg. They then continue hopping and bowing, until they have met five people.

twinkl.com

Seat Swap

The teacher calls out a characteristic, such as 'anyone with glasses'. Pupils then swap places with another pupil with the same characteristic.

twinkl.com

Sun Breaths

Sit on the floor, with your legs stretched out in front of you and close your eyes. Picture the bright, warm sun above you. Concentrate on different parts of your body, starting with your face and imagine the sun's warm rays on it. Slowly breathe in and out, visualising the warmth of the sun travelling down your body, to your shoulders and back, legs, feet and toes, until you are warmed up. Stretch your arms in the air and fold your body forwards over your legs. Concentrate on breathing in and out slowly for 30 counts.

twinkl.com

Shake It Out!

Pupils stand up behind their chairs and shake out different parts of their body, as the teacher calls out 'hands,' 'arms', etc. Finish with a whole body shake.

twinkl.com

Pencil Balance

Pupils balance their pencils horizontally on their index fingers. They move slowly and carefully around the room, trying not to drop their pencil. If they do, they sit down.

twinkl.com

Hot Potato

Have a small squishy toy that can be thrown without damage. Pupils stand behind their chairs facing into the classroom. The teacher passes the sponge toy (the hot potato), by throwing it to another child, who must try to catch it. They then have to pass the potato on to another child, without holding onto it for too long. When a child has caught the potato, they may sit down. It is best not to use a ball, as these will roll when dropped!

twinkl.com