

# Wiggle Room Games

- ❖ Not every game listed is appropriate for every group. Please select activities that are most well suited for your group's size and unique dynamics.
- ❖ All supplies needed are located in the white cabinets in the Wiggle Room (look for the label). Please return supplies to the appropriate cabinet when done.

## Hot Potato

- CD player is located on the counter in the Wiggle Room.
- Have the children sit in a circle.
- Play a song.
- Begin passing the "potato" and when the music stops, ask the child holding the "potato" a grief-related or get-to-know-you question.
- After they have answered, start the music and repeat the process.

## Bowling Game

- Arrange the pins in a triangular shape.
- **If the bowling ball is not used properly, the game MUST end.**
- One child rolls the ball until they knock down at least one pin. They then pick up one of the knocked-down pins, which will have a topic written on the bottom.
- A facilitator uses the Bowling Questions sheet to ask a question that corresponds to the topic written on the bottom of the bowling pin the child selected.
- Repeat the above steps for each player.

## I Spy

- Select the first spy, and have them pick a person or object that is "it."
- Have the spy give a hint, and let the others try to guess what/who is "it."
- If they do not guess correctly the first time, have the spy give another hint until someone guesses what/who is "it."
- The person who guesses correctly is the next spy.

## Scarf Juggling

- Everyone is given two to three scarves to juggle.
- The goal is to keep all the scarves in the air.

# Wiggle Room Games

## Individual Cup Stacking

- Everyone is given a stack of cups (6 to 8 cups per player).
- Identify a shape (e.g., pyramid, circle, single tower, double tower, etc.) and have everyone try and build that shape with their cups.

## Team Cup Stacking

- Every team is given six cups, and a rubber band with four strings tied to it (the bag in the white cabinet already has this constructed).
- Each team member holds either one or two pieces of string (depending on the size of the team), and works together to place the rubber band over the cup.
- If they pull on their string the rubber band widens (allowing the rubber band to be placed over the cup), and when the string tension is loosened, the rubber band fits around the cup, allowing the team to lift the cup into its desired location.
- To build a pyramid, the first three cups are placed in a line to create the base, then two cups are stacked on top of the base, and finally one cup is placed on top of the two cups to complete the pyramid.

## Large Jenga

- **Please share these IMPORTANT REMINDERS before playing.**
  - No one can purposely knock down the tower.
  - Be sure the children are safely clear of the tower when a child is selecting a piece to ensure that no one gets injured if the tower falls.
  - **If the rules can't be followed the game MUST end.**
- You can choose to play Jenga the traditional way, without questions, or the Ele's Place way, using questions included in the Jenga bag.

## Charades

- Pick an actor, and have them select a charades card from the bag.
- The person who guesses correctly goes next.

# Wiggle Room Games

## Pickle in the Middle

- **Please share these IMPORTANT REMINDERS before playing.**
  - Players need to remain in their spot in the circle and cannot run to other areas of the room. The ball should be tossed gently (no over-hand spiking or hard, aggressive throwing).
  - If the ball hits the ground, the player closest to the ball is the one to pick it up.
  - Only kind, encouraging words are permitted.
  - **If rules are NOT followed, that means people's bodies and/or feelings are not safe. Since Ele's Place is a safe place, the game must end if rules are not followed.**
- The group forms a circle, and there is one person in the middle of the circle, who is the "pickle."
- The goal is to bop the beach ball to group members who are in the outer circle, without allowing the ball to touch the "pickle"/child in the middle.
- If the "pickle" in the middle touches the ball, the person who last hit the ball is the new "pickle in the middle," and the process repeats.

## Rocket Toss Questions

- **Please share these IMPORTANT REMINDERS before playing.**
  - Clearly explain that everyone needs to be a safe distance away from where the rocket is being thrown at all times, and no one should ever be standing behind where the rocket is being thrown.
  - Stop the game, if someone is in an unsafe place ("Time Out!"), and wait to resume the game until everyone is in a safe position.
- Place the mat on the ground.
- Have group members take turns throwing the rockets.
- Ask whatever question the rocket lands on. If a rocket does not land on a question, the player is invited to share something they would like the group to know (e.g., something about themselves, such as a like or dislike; something about their person; or something about their grief).

## Feelings Ball

- **Please share these IMPORTANT REMINDERS before playing.**
  - The ball must be tossed gently (no over-hand spiking or aggressive throwing). If not, the game **MUST** end due to safety concerns.
- Group members stand in a circle.
- Toss the ball to a group member, and ask them to share about a time they experienced the feeling that is closest to their right thumb.
- That group member then tosses the ball to another group member in the circle, and the process repeats.

# Wiggle Room Games

## Stand by Me

- The people asking questions (facilitators and/or kids) each stand in a corner of the room, and take turns asking questions.
- All the other people stand in the center of the room, and if the answer is “yes” to the question asked, they walk to that corner of the room.
- Groups can ask their own questions, or use the prompts included in the Stand by Me bag.

## KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

- **Be sure that everyone has a clearly designated space, prior to movements starting, so that bodies do not collide.**
- Have everyone do group self-regulation movements by introducing one movement at a time from the KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION sign (posted on the wall to the right of the white cabinets, and next to the large Wiggle Room Safety Rules sign).
  - Children can take turns choosing the movement.
  - Facilitators can select the movement.
  - Facilitators can make it a game to select the movement (e.g., each child is given the opportunity to close their eyes and point to the sign, wherever they point is the movement selected).

## ABCs of YOGA for KiDS

- **Be sure everyone is spaced far enough apart to safely be able to do their yoga pose without hitting another child.**
- Have everyone do group yoga by introducing one yoga move at a time from the ABCs of YOGA for KiDS sign (posted on the wall to the right of the white cabinets, and next to the large Wiggle Room Safety Rules sign).
  - Children can take turns choosing a yoga pose.
  - Facilitators can select the yoga poses.
  - Facilitators can make it a game to select the yoga pose (e.g., give clues regarding the yoga pose you want them to do, and have them guess poses; when someone guesses correctly everyone does the pose).

# Wiggle Room Games

## Yoga Games

Please share these important reminders before playing:

- ❖ Please roll up the yoga mats and place them in the bin when done.
- ❖ Shoes are optional (each child can choose whatever they are comfortable doing).
- ❖ Be sure every mat is placed a safe distance apart.
- ❖ Only one child on a mat at a time.

### Option 1 – Yoga Dice Game

- Spread out the yoga mats, so everyone is a safe distance apart.
- Have each child take a turn **gently** rolling the dice. Please share that the dice must be gently rolled and should stay on the floor and not be thrown.
- Based on their role, the entire group does the yoga pose that corresponds to the number they rolled.
  - For the ABC's of Yoga sheet, there are 5 pose options for each number. Facilitators can either pick a pose from the appropriate number column or invite the child who rolled the dice to pick a pose from the appropriate column.
    - Have a facilitator, or the child who rolled the dice, demonstrate the pose so everyone can see how it is done.
  - For the Yin Yoga Poses sheet, there are two pose options for each number. Facilitators can pick 1 of the 2 poses for that number, or invite the child who rolled the dice to pick.
    - Have a facilitator, or the child who rolled the dice, demonstrate the pose so everyone can see how it is done.

### Option 2 – Yoga Hot Lava Game

- Arrange the yoga mats in a circle so they are a stepping distance apart.
- Select one or a few yoga poses and demonstrate them so everyone knows how to do the pose(s). Have the children practice these poses.
- Share we are going to pretend the floor is lava and when we start the music everyone will jump from mat to mat (only one person on a mat at a time), avoiding the "lava" floor.
- When the music stops, they must stay on that mat and do the pre-determined pose. After everyone does the pose, the music starts again.

# Wiggle Room Games

## Mindfulness

- You can use the yoga mats and large yellow die, or just pick a mindfulness exercise to do while sitting or standing on the floor.
- Use the Mindfulness Choice Board to select your mindfulness exercise. Facilitators or children can either pick an exercise from the board or play one of the two games highlighted below.

**Please share these important reminders before starting, if using the yoga mats:**

- ❖ Please roll up the yoga mats and place them in the bin when done.
- ❖ Shoes are optional (each child can choose whatever they are comfortable doing).
- ❖ Be sure every mat is placed a safe distance apart.
- ❖ Only one child on a mat at a time.

### Option 1 – Mindfulness Dice Game

- Spread out the yoga mats, so everyone is a safe distance apart.
- Have each child take a turn **gently** rolling the dice. Please share that the dice must be gently rolled and should stay on the floor and not be thrown.
- Based on their role, do the mindfulness exercise that corresponds to that number (numbers 1-3 have two exercise options and either the child who rolled or a facilitator can pick which exercise to do).

### Option 2 – Mindfulness Hot Lava Game

- Arrange the yoga mats in a circle so they are a stepping distance apart.
- Select a mindfulness exercise and demonstrate it so everyone knows how to do it. Have the children practice.
- Share we are going to pretend the floor is lava and when we start the music everyone will jump from mat to mat (only one person on a mat at a time), avoiding the “lava” floor.
- When the music stops, they must stay on that mat and do the pre-determined mindfulness exercise. After everyone does the exercise, the music starts again and the process repeats.