

### Simon Says

Prior to Outside Activity, gather the children and play “Simon Says” to reinforce the classroom rule to walk inside the building. Tell children you will give them a direction but they are only to follow that direction if you say “Simon Says” first. Explain that you will ring a bell when it is time to gather for the next “Simon Says” direction. Say:

- Simon Says run around until you hear the bell.
- Hop up and down. (Oops! Simon didn’t say!)
- Simon Says skip until you hear the bell.
- Simon Says walk calmly until you hear the bell.

Ask the children which action shows how we are to move when we are inside. (walk calmly)



### Balloon Volleyball

To encourage new friendships, partner the children and they sit or stand facing each other. Provide 1 inflated balloon to each pair (Have extra balloons available). Explain to the children that at your signal they will change partners.

The children practice tossing the balloon back and forth trying to keep it in the air. Frequently signal them to change partners!

As a variation the children try tossing the balloon to their partners from a variety of positions such as sitting and kneeling. They can also experiment with standing different distances from each other.



#### Gross Motor Skills

Combines a sequence of large motor skills

Demonstrates strength and coordination of large muscles to engage in skills such as jumping, hopping, and running

Moves with balance and control

#### Social/Emotional Development

Follows simple rules, routines, and directions

#### Materials

- Inflated balloons

#### Fine Motor Skills

Demonstrates hand-eye coordination

#### Gross Motor Skills

Moves with an awareness of personal space in relationship to objects and others

#### Science

Observes and describes how objects move