

ICE CREAM AND FIRE



Come to one big circle.

- Two volunteers will be ice taggers and two other volunteers will be warm fire.
- The fire will move around wiggling their fingers so everyone knows who they are.

Build Self-Management, Physical Awareness and Social Awareness



1. Everyone will move mindfully around the space using the selected movement skill.
2. If you are respectfully tagged by ice, you must become a ball of ice-cream. Kneel down on the ground, put your head on the floor and make yourself as small as you can.
3. Fire can warm you back to life by putting their hands on your back and gently frog-hopping over you. Once you have been warmed by the fire, you can start to move around the space again.



- If you find it challenging to frog hop over someone, you can frog hop along their side to set them free.



When you were tagged, was it challenging to be a still ball of ice-cream?



What sensations did you notice when fire placed their hands on your back and warmed you up?

What made this game fun? How could you make this game more challenging?



Develops gross motor skills, fitness, balance, postural control, muscular strength, coordination, body awareness, muscle tone.



Learning through movement, develops listening and decision-making skills.



I am gentle.

