

ACTIVITY PLAN 16 – COOL-DOWN ACTIVITY

INCORPORATING SIMON SAYS

Aim

To calm children at the end of a session through slow movements

Age

24–35 months

Equipment

Nil

Area required

Indoor or outdoor space of suitable size

Time

Five minutes

How?

Ask the children to stand in a space so they cannot touch each other. Stand in view of the children and ask them to copy your actions if you say “Simon says”, but if you don’t say “Simon says” they are not to do the movement.

Use a variety of movements to reinforce the actions, e.g. “Simon says” – jump up and down, run on the spot, turn around. Gradually decrease the amount (and speed) of movement until the last one, to relax the children - “Simon says slow breathing in, breathing out, stretching tall, curling up small”.

Key points

- Ensure all children are standing and listening to you.
- Allow enough time for each child to do all the movements requested.
- Demonstrate breathing in as you stretch up high and out as you curl down low. Repeat this activity two to three times to ensure children have quietened down.