

Wiggle Buddies

Objective: The children will practice social skills through cooperative games.
The children will use major muscle groups to play games.

Materials: beach balls, large handkerchiefs

Procedure:

1. Ask the preschoolers to pair up. If there is an odd number of children ask an older sibling or adult volunteer to participate.
2. Give the preschoolers a moment to introduce themselves and get to know each other.
3. Choose one of the cooperative games below to play:

Roadway- All players are standing on the same side of a square. One child in the pair stands behind the other. Front partner is the "car" who places his/her hands at their sides and closes their eyes. Back partner is the "driver" who places their hands on the partner's shoulders. On the "go" signal, they walk across to the opposite side of the square. The "driver" guides the car safely (without bumping others) by gently turning the partner's shoulders in the direction in which he or she must go to avoid a collision. Once across, partners change positions. **Hint-** Discuss the concept of giving and receiving trust before playing the game. Stress the importance of avoiding collisions.

Beach Ball Balance- This activity works well with any type of ball - especially a beach ball. Begin with the ball on the ground and 2 students. The object of the activity is for the pair to pick up the ball, forehead to forehead, without using hands. Extend this activity by trying other body parts: back to back, side to side, etc.

Three legged walking: This is a classic racing game, but try doing it as a relay. Have a child place their leg next to another's. Tie their inside legs together with a hankie. Each pair lines up behind the other. You'll have a large line of three-legged partners. Have the first pair walk 10 feet forward, around a marked spot, then back to the line. Once back, that pair high-fives the next so that they may go. After the game is over, let the preschooler partner high five. When the group is back together, have the preschooler tell the group one nice thing about their partner and vice-versa.

Extension:

While playing these games, discuss manners and taking turns.

Look through <http://www.pcentral.org/preschool/preschoolindex.html> to find five minute cooperative games to use as time-fillers.