

Cool down games:

- Counting to ten

- **Set up:** Have all of the kids sit around a circle facing each other.
- **Round one:** the group will try to count to ten with one child saying each number by themselves in no designated order. No one can say the same number at the same time. So if one person says “1,” another person says “2,” and then three people say “3” at the same time, the entire group must restart. You must count upwards in order.
- **Round two:** With everyone’s eyes closed!

- Pass the squeeze

- **Set up:** Have all of the kids sit around a circle facing each other. Have everyone join hands.
- Start the stopwatch and squeeze the hand of the person next to you.. The kid whose hand you just squeezed will squeeze the next person’s hand. See how long it takes for the squeeze to get back to you!
- This game connects us all together and requires standing still with focus!